

page 2 .....Opinion  
 page 4 .....Weird News  
 page 5.....Health  
 page 7.....Social Security & You  
 page 8.....Light for the Journey

**Coming Up!**  
 Remember, Sr. LifeFest'09 - May 8!  
 Stroke Awareness Month

page 14.....Senior Safety  
 page 15.....SRDA Menu  
 page 16.....Finances  
 page 18.....Senior Classifieds  
 page 22.....Fremont/Custer Menu



# Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!!

MAY, 2009 Vol. 27: No. 10 Established Aug., 1982 322 Consecutive Months!

## Shirley Jones Highlights "Salute To Seniors" June 3

by Eileen Doherty

Denver, CO. Winning the Oscar for the Best Actress in a Supporting Role for Elmer Gantry (1960) at the Academy Awards in 1961, Shirley Jones comes to the stage at the 20th Annual Salute to Seniors on June 3 at 10:00 am and 1:00 pm at the Colorado Convention Center, Denver. Returning for the 20th year, the Salute to Seniors is the largest and most exciting senior event in Colorado.

Personally selected by Rogers and Hammerstein to appear on stage in South Pacific as one of the nurses, Shirley was well suited for the role. Rogers and Hammerstein took her on tour for Me and Juliet as the lead role. Her tour was interrupted, so she could successfully compete for the smash hit playing Laurey in Oklahoma! Later, she electrified Broadway with her role in The Music Man. Shirley became the matriarch of the television rock and roll band in the Partridge Family for four seasons. Today, she dedicates much of her time to charity efforts. She and her husband, Marty Ingels have purchased Fawn Park in unincorporated San Bernardino County as a memorial to the victims of 9-11.

This year the Salute features many new and different features for a day of fun at 50s prices. Both returning and new vendors are dedicated to making life easier for older adults and their families with new investment ideas, home modification plans, health plans, home improvement projects, and volunteer opportunities. In this tight economy many of the vendors are looking to recruit and hire older workers as members of their team,

especially those who are looking for part time work. More than 130 exhibitors will be dressed in costumes from movies of the 50s.

Individuals who need to take a rest as they stroll through the exhibit hall, can stop to watch movie clips of the 50s and enjoy other featured entertainment throughout the day.

In 50s style, Swing Time Orchestra will offer an afternoon tea dance for those who enjoy dancing to a variety of waltzes, jitterbugs, fox trots and more. Arthur Murray Dance Studio is offering dance demonstrations for those who want to improve their skills or just enjoy watching the professionals. All that will be missing at this afternoon tea dance is a drink from the bar, but patrons can visit Gunther Toody's soda bar for a refreshing soda sample. Gunther Toody's will also be offering coupons for 5¢ burgers with the full price purchase of the first burger on Wednesdays as well as 2 for 1 special.

Trivia Bingo of the 50s featuring movies, actors, actresses, events of the 50s, automobiles, and more is sure to be a popular attraction. Those who don't want to play Trivia Bingo, can play regular bingo throughout the day for great prizes. In addition to hundreds of other prizes given away throughout the day, the grand prize for the day is a three-day cruise with airfare from QueensLander Tours.

Since health is such a big issue for seniors, the Salute will feature for the first time a Health Fair with such tests as cardiovascular screenings, low vision screenings, lung capacity screening, blood pressure, and much more. In addition, seniors can bring their used and old

medications for safe disposal. Some tests will be free and others will be available for a nominal charge.

Learning to take care of one's self and being better informed is always a popular feature at senior shows. The Salute to Seniors is no different. This year's educational programs include experts on nutrition, identity theft and financial planning for long term care.

Sponsored by the Colorado Gerontological Society, the event is hosted by the Denver Department of Human Services. Executive Sponsor is Kaiser Permanente. Media sponsors include: Channel 9News, KBCO Jazz 89.3, KEZW 1430 AM, 50+ Marketplace News, Senior Focus, and The Prime Time for Seniors!

Free parking is available at the Pepsi Center with free shuttle services to the Convention Center sponsored by Sunrise Senior Living or ride the light rail to the front door.

Admission is \$7 for the first ticket and \$3.50 for the second ticket. Tickets are \$5 each for groups of 10 or more. Lunch is available through the Convention Center for an additional charge. To order tickets, send check or money order to Colorado Gerontological Society, 3006



East Colfax, and Denver 80206 or call 303-333-3482. Tickets may also be ordered at [www.senioranswers.org](http://www.senioranswers.org).

*Eileen Doherty, M.S. is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society. She has more than 35 years of experience in gerontology in administration, research, training and education, and clinical practice. She can be reached at 303-333-3482 or at [doherty001@att.net](mailto:doherty001@att.net).*

## HEALTH BENEFITS OF DANCING

Research is scientifically illustrating the many health and anti-aging benefits of dancing. It can turn back the clock, both mentally and physically. For seniors it has immediate psychological benefits as well.

A study published in the June 2003 issue of the New England Journal of Medicine found that of all physical activities evaluated (including swimming, bicycling, and group exercises), dance was the only one associated with a lower risk of the age-related cognitive decline known as 'senile dementia'. Dance also outperformed mental activities such as doing crossword puzzles, reading, and playing board games.

Findings show that through the steps and movements of dance, people in middle to late stages of Alzheimer's disease are capable of memorizing and retaining new knowledge, and cognitive changes happen.

More benefits of dancing: Challenges our minds and helps keep them sharp and agile; Improves balance, flexibility, bone density; Aerobic exercise for the heart; Can burn 200-400 calories per hour

If done regularly benefits include: weight maintenance and weight loss, blood pressure and cholesterol management, increased energy, increased coordination and muscle strength, overall sense of well-being, decreases sadness and depression; connects us to others which, in turn, gives us new social connections and strengthens relationships

Dancing is about as close to the legendary fountain of youth as you can get with any one activity. It makes us feel more alive and provides laughter and enjoyment. The more you laugh, the better and younger you feel.

## Do You Like B-I-N-G-O? 100 Will Play At LifeFest'09

From Kathilee Champlin, Director of Southern Colorado's Senior Life Festival: Here is the info on the bingo at the Life Festival to be held on May 8, 2009 at the Events Center on the State Fair Grounds.

From 2:30pm - 4:30pm we will be having our bingo. Seniors must sign up between 9am and 11am and it is limited to the first 100 people who sign up. Seniors will need to sign up at the registration table at the entrance when they come into the LifeFest. Seniors will be given a bingo card and they need to get at least 40 signatures from the exhibitors on the card.

At 2:30pm we will have a drawing of all the cards for the grand prizes. The grand prize will be an overnight stay, a vintage mink jacket and a voucher on Continental Airlines toward your next trip.

The exhibitors will be giving prizes for bingo along with Womacks Hotel and Casino. We will be giving away 3 overnight stays and free dinners up in Cripple Creek, and a lot of other stuff. Hope I see you all there.

## May: Stroke Awareness Month

by Terri Tibbs - Parkview Medical Center

May is Stroke Awareness month and Parkview Medical Center would like to honor a man that is committed to Stroke Awareness, Support and continued rehabilitation.

Chuck Couchman is a hero in many aspects a Vietnam Veteran, Stroke Survivor, and community advocate. 16 years ago Chuck started a Stroke Survivors Group for Pueblo after he personally experienced the devastating effects of stroke. With great determination and courage Chuck started rehabilitating from his stroke that left his right arm and leg incapable of performing simple tasks such as driving.

Chuck now keeps busy organizing monthly stroke survivors meetings in Pueblo and Pueblo West; he completes a quarterly newsletter that is distributed at the meetings and to stroke patients at Parkview Medical Center. At a monthly Stroke Survivors Meeting you can expect to receive continued encouragement, support, and a speaker on numerous subjects relating to health issues, pet therapy, and rehabilitation.

Chuck provides stroke awareness in the community at numerous community events and visits members in the hospital and nursing home. Chuck has not a let a stroke keep him from doing the things he loves the most. Stroke survivors in our community can continue their lifestyles after a stroke with persistent encouragement and support thanks to this selfless, courageous, and incredibly humble man.

Parkview Medical Center is thankful for Chuck Couchman and his endless contributions to stroke awareness and stroke care. During the month of may Parkview Stroke Center will be promoting stroke awareness and risk assessment at the Senior Life Festival on May 9th, 2009.



# Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



## LifeFest'09

Mark Friday May 8th on your calendar and come over to the Seniors Life Festival. The festivities start at 8 am and continue through to late afternoon when B-I-N-G-O is the choice of the Senior Community. In between there is an ice cream social, dancing lessons, Senior of the Year Award, two Community Service awards, color guard, healthy cooking, dinner show and dancing (free for the first 130 seniors... beginning at 11:30 and closing at 12:30 sharp!), Miss Teen Pueblo performances, health screenings and oodles of fun and information provided by some 50 booth vendors. Kathilee Champlin, the director of the show has done her usual great job.

The show is at the Events Center at the State Fairgrounds in Pueblo. So come on down Penrose, Pueblo West, Florence and Cañon City. You too Ordway, La Junta, Punkin Center, Colorado City, Rye and Manzanola. Don't forget us Penrose, Walsenburg and Trinidad. Be there!

## The Battle Continues

*It seems that every month* I get told what a bad job I'm doing. It matters not that I've been publishing *Senior Beacon* for 322 consecutive months dating back to August of 1982. I keep telling myself that I must be doing some things right.

Well the latest diatribe I received came from a nice fellow who thought I should be ashamed of myself for running op-ed pieces by Ann Coulter. He told me she was a "hater" and how could she ever help us get together as a nation with all her hate-mongering? He wanted me to pull her column because he didn't like what she had to say. All you BHO people out there take note. This is the dangerous part of what I meant about a BHO administration.

Because this reader didn't like what a woman wrote on a newspaper, I am supposed to pull her comment? What's next? Will I have to pull the monthly menus because someone doesn't like a couple of the menu items? We sent a couple e-mails back and forth and the last straw was when I got the same old venom (see hate speech) from him about GWB being the worst this and that and how the world now loves us and on and on and on and on and on. I even asked this reader why he was afraid of the pretty girl (Coulter). He mentioned that beauty is in the eye of the beholder (he doesn't like her looks) throwing my own words back in my face. The nerve!!! I used those same words when defending what Ms. Coulter had to say.

I also told him that Nancy Pelosi, the Speaker of the House, wanted to place a tax on windfall investment profits of retired people and that with all this uncontrolled spending by the BHO administration going, I wondered aloud as to how Social Security might be paid.

He asked me if I was afraid of the girl, Nancy Pelosi. I told him I was. The reason I was afraid of Nancy Pelosi is because she has the power to alter the United States in ways that are detrimental to us. The differences between Pelosi and Coulter are profound. One, Pelosi, has immense power, while Coulter is just a person writing her opinion.

We stopped our conversation when I told him that I had to finish my taxes so I could pay for BHO's abortions overseas. I then also said that Ms. Pelosi, over the objections of her own spiritual leader, Pope Benedict, wants our tax money to pay for abortions in the United States also. Now, isn't that special?

The problem is I don't think BHO fans realize that the WWII generation fought and died for this country so we could all express our opinions openly and freely. Folks who want to silence others free speech rights should understand that if these types of things happen to the Ann Coulter's and *Senior Beacon's* of the world then it can happen to them! Oh, and don't stop e-mailing, blogging or sending me mail. I like the give and take. Sometimes perhaps we might both learn something.

## Frightening Leaders

Some members of Congress went down to Cuba to speak with Fidel and brother Raul (Raoul) Castro recently. They came back with glowing accolades for the two thugs that have run Cuba into the ground for the past 50 years. It disgusted me. These congresspeople said that Cuba was not unlike the areas of the country they represent here in the United States and one said Fidel looked into her eyes and said sincerely, "What can we do for you. How can we help you?" Glad I hadn't eaten for awhile. The Castro brothers helping us? No thanks. Our own thugs are enough.

I want you all to do a bit of daydreaming. Let's say you wake up tomorrow and the birds are chirping and the buds are blooming and the sun is shining and this wonderfully tranquil experience comes to a crashing halt by the crushing noise of soldiers and military vehicles coming down your street. House by house and business by business these troopers come in and tell you that your property, your business, your life that you worked so hard for is now property of the state. Nothing is yours anymore. If you are a doctor, you now work for the state. If you own a restaurant, you now work for the state. If you sell seashells by the seashore you now work for the state. Oh, and if you resisted you were either summarily shot or thrown into a rancid prison as an enemy of the state.

This is exactly what happened 50 years ago when Fidel and his soon-to-be communists came to power in Cuba. That's why for about 18-24 months right after this Castro coup, Cubans fled Cuba and made homes in the United States until Castro put a stop to it. These weren't the dregs of Cuban society. They were professional people from the press, universities, law, medicine, business; all walks of life. Catholic Charities helped many of them. As I stated in earlier pieces several found their way to my hometown, Rome, NY and made nice lives for themselves and their families. That's what happened in Cuba. That's what totalitarians do. They control you totally. If you don't obey, you die or sit in a prison and wish you had died. Our leaders not only frighten me with their ignorance, they sicken as Castro sycophants!

Godspeed!

**For more information, please call:  
Glenda Thompson, 688-1459  
(TTY 1-800-387-1074)**



SecureHorizons® Medicare Advantage plans are offered by United HealthCare Insurance Company and its affiliated companies, Medicare Advantage Organizations with a Medicare contract.  
M0011\_060914D (RA 09/06) SHEX08HM3058102\_000

**kitchentune-up**  
Remodeling your expectations.

Department of the Treasury  
Internal Revenue Service

## EXPERIENCE OUR KITCHEN STIMULUS PLAN

Boosting consumer confidence one kitchen at a time. Positive outlooks are contagious, and nothing creates a sunny disposition quicker than a refreshed kitchen from Kitchen Tune-Up. Whether your kitchen needs a full bailout or just a little revitalizing, Kitchen Tune-Up has a program that fits the bill.

WOOD RECONDITIONING  
CABINET REFACING · CUSTOM CABINETS

Kitchen Tune-Up, a division of KTU Worldwide, Inc. is a system of over 300 independently owned and operated franchisees. ©2009 Kitchen Tune-Up, Inc.

website: [kitchentuneup.com](http://kitchentuneup.com) e-mail: [pstanton@kitchentuneup.com](mailto:pstanton@kitchentuneup.com)

**719-647-1945**

## Something new for Pueblo!

**Assisted Living Apartments available now!**

Gracious supportive lifestyle for seniors in an elegant setting.

Contact us today to schedule a tour and learn about our move-in specials!

Private pay and most long-term care insurance plans accepted.

## Chateau at Sharmar Village

1201 W. Abriendo Avenue – Pueblo – Our Mission is to SERVE OTHERS! 719-544-1173

[www.chateauatsharmar.com](http://www.chateauatsharmar.com)

CHEM-WAY

5 STAR LAWN CARE

PRE-EMERGENT,  
NON-LAWN WEED CONTROL  
(DO BEFORE APRIL 1ST)

SOIL STERILIZATION

FREE ESTIMATES

543-7910

# Arts Center: "Art & Beauty To Boot" Exhibit

**Sangre de Cristo Arts Center introduces "Art & Beauty to Boot" exhibit, an official part of the Wild, Wild West Fest**

(PUEBLO) - "Art & Beauty to Boot" - an official part of the Wild, Wild West Fest - will showcase Western boots of well-known people and cowboy paintings from the Francis E. King Collection. The boots on display will be from people such as Robert Redford, President Bill Clinton (and his dog Buddy), Nolan Ryan, President Ronald Reagan, Dale Evans, Representative John Salazar, Governor Bill Ritter, Mahlon T. White, Bob Jackson, Bob Rawlings, Senator Abel Tapia and many more!

This free, unique exhibit is hosted by El Pueblo...Adolescent Treatment Community, Miss Rodeo America Scholarship Foundation and the Sangre de Cristo Arts Center, as part of the week long, Western festivities.

The public opening reception for "Art & Beauty to Boot" will be Thursday, May 14, from 5:00 p.m. until 7:00 p.m., in the Hoag Gallery at the Sangre de Cristo Arts Center. This event will be free and open to the public and will kick off the short, three day span of this showcase.

Exhibit hours are as follows: Thursday, May 14, from 11:00 a.m. to 7:00 p.m., Friday, May 15, from 11:00 a.m. to 6:00 p.m. and Saturday, May 16,

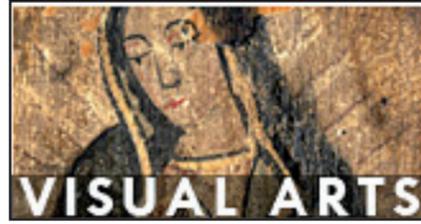
from 11:00 a.m. to 4:00 p.m.

For more information on the exhibit please contact Karin Larkin, Curator of Visual Arts for the Sangre de Cristo Arts Center, at 719-295-7216. The Sangre de Cristo Arts Center is located at 210 N Santa Fe Avenue, just off of I-25, exit 98b.

Galleries and Buell Children's Museum is open Tuesday-Saturday 11a.m.-4p.m.; closed Mondays.

Box office open Monday-Friday, 9a.m.-5p.m., Saturday, 9a.m.-4p.m. Admission is \$4 for adults, \$3 for children, seniors, students and military. For more information call 719-295-7200 or visit us online at [www.sdc-arts.org](http://www.sdc-arts.org). All proceeds benefit arts education programs.

RaeAnne Short - Marketing Specialist



## Statement from Colorado Healthcare Providers Regarding Proposed Legislation to Reduce Medicaid Provider Rates

Greenwood Village - The Colorado House of Representatives passed an amendment to the Long Bill that will reduce Medicaid provider rates by 4.3 percent in an effort to balance the state budget. With the federal match, \$27 million in budget cuts would result in more than \$57 million in costs that would no longer be paid by Medicaid and instead shift to the private sector. In addition, the House voted to redirect some of the funding generated by Amendment 35 tobacco tax dollars, contravening the wishes of Colorado voters. In response to this action, the American Academy of Pediatrics (Colorado Chapter), Colorado Community Health Network, Colorado Hospital Association and Colorado Medical Society issued the following statement:

"As providers serving our state's most vulnerable individuals, we are sensitive to the budgetary challenges faced by the state. However, reducing provider reimbursement and, consequently, shifting these costs to those already struggling with the affordability of health care services, is not the solution to the state's budget shortfall.

State health care services are needed most during difficult economic times. As more Coloradans lose their jobs, they also lose health care coverage previously provided through their employer. In fact, recent data suggests that Colorado's Medicaid enrollment has the second fastest growth in the nation. Drastic Medicaid budget cuts will impact those most at risk such as children, the elderly, and people with disabilities as it will become even more difficult for them to find providers who accept Medicaid.

Colorado already ranks among the lowest Medicaid reimbursement rates in the nation. At a time when policymakers are looking to make health care more affordable, and reduce the cost shift from underpayment, cuts in Medicaid provider rates in an effort to balance the state budget will only increase the cost of health care.

Furthermore, these cuts to funding for health care for the uninsured come at a time when community health centers, hospitals, physicians and other safety net providers are experiencing increases in demand as Coloradans lose their jobs and health insurance. These cuts will reduce access to health care for tens of thousands of Coloradans and significantly undermine the federal economic stimulus investment in the safety net in Colorado."

### DID YOU KNOW?

(NAPSA)-American Beauty Ultimate Diamond Restorative Anti-Aging Cream uses diamond particles and other precious ingredients to visibly help reduce the appearance of lines and wrinkles, dark spots and discolorations. It can be found exclusively at Kohl's department stores.

A community exclusive to veterans of Iraq and Afghanistan is available online to help ease the transition and readjustment challenges they face in their return home. The community, at [www.CommunityofVeterans.org](http://www.CommunityofVeterans.org), is a private forum where they can listen, share their experiences and access much needed resources.

According to Gary Hardee, director of product management at Husqvarna, a zero-turn mower can increase your productivity by up to 50 percent without compromising the quality of cut. For more information about saving time and money in your backyard, visit [www.usa.husqvarna.com](http://www.usa.husqvarna.com).

Betty Crocker will stir up 12 Wishes in 12 Weeks for the Make-A-Wish Foundation(r), which grants wishes for children with life-threatening medical conditions. Visit [www.StirringUpWishes.com](http://www.StirringUpWishes.com) by May 25, 2009 to vote for your favorite Make-A-Wish(r) chapter to receive a wish.

## BIG BURGER WORLD

*Best Burgers In The Business*



Closed Sun & Mon  
1205 S. 9th St.  
Cañon City,  
CO 81212  
275-8079

**FREE FREE RIDE COUPON FREE**

**Seniors Life Festival**  
**MAY 8, 2009**

**Pueblo Event Center State Fairgrounds**

Coupon good for one (1) free ride on Pueblo Transit Bus System to event  
Stop at Pueblo Transit booth at Fair for free ticket home.

Call 553-2727 for information on transportation to event

The Howard Miller "Adelaide"

- Quartz movement with Westminster chimes on the hour
- Automatic nighttime chime shut-off
- Sculpted wrought iron frame sits on Windsor cherry finished base

**\$63.95**  
Suggested Retail \$153.95  
Offer valid thru 5-31-09

**TTS TICK TOCK SHOP**  
7 N. CIRCLE DRIVE, COLORADO SPRINGS  
**719.475.8585**  
Time Pieces of all Sorts and Sizes

**It's 3:00 a.m. Are you still counting sheep?**

- Due to lack of sleep, shift workers are at an increased risk for a variety of chronic illnesses, such as cardiovascular disease.<sup>1</sup>
- Snoring is the primary cause of sleep disruption for approximately 90 million American adults; 37 million on a regular basis.
- 36% of Americans drive drowsy or fall asleep while driving.<sup>2</sup>
- Most healthy adults need 7 to 9 hours of sleep a night.
- According to a poll, a surprising 34% of respondents reported their employer allows them to nap during breaks and 16% provide a place to do so.<sup>3</sup>

**The Sleep Center of Southern Colorado at Parkview now has two locations for your convenience - at Parkview Medical Center and Parkview-Pueblo West.**

**If you have any questions, or would like to speak with someone about a possible sleep disorder, contact your doctor or call us at The Sleep Center of Southern Colorado at (719) 584-4976.**

International Classifications of Sleep Disorders<sup>1</sup>, National Sleep Foundation's 2008 Sleep in America Poll<sup>2</sup>, National Sleep Foundation 2008 Survey Poll<sup>3</sup>

**Your Health Your Hospital**

**parkview MEDICAL CENTER**

[www.parkviewmc.org](http://www.parkviewmc.org)

**It's 3:00 a.m. Are you still counting sheep?**

**The Sleep Center of Southern Colorado at Parkview now has two locations for your convenience - at Parkview Medical Center and Parkview-Pueblo West.**

**If you have any questions, or would like to speak with someone about a possible sleep disorder, contact your doctor or call us at The Sleep Center of Southern Colorado at (719) 584-4976.**

International Classifications of Sleep Disorders<sup>1</sup>, National Sleep Foundation's 2008 Sleep in America Poll<sup>2</sup>, National Sleep Foundation 2008 Survey Poll<sup>3</sup>

**Your Health Your Hospital**

**parkview MEDICAL CENTER**

[www.parkviewmc.org](http://www.parkviewmc.org)

# news of the weird

COMPILED BY CHUCK SHEPHERD  
FOR SENIOR BEACON



**LEAD STORY**

When Alcoa Inc. prepared to build an aluminum smelting plant in Iceland in 2004, the government forced it to hire an expert to assure that none of the country's legendary "hidden people" lived underneath the property. The elf-like goblins provoke genuine apprehensiveness in many of the country's 300,000 natives (who are all, reputedly, related by blood). An Alcoa spokesman told Vanity Fair writer Michael Lewis (for an April 2009 report) that the inspection (which delayed construction for six months) was costly but necessary: "(W)e couldn't be in the position of acknowledging the existence of hidden people." (Lewis offered several explanations for the country's spectacular financial implosion in 2008, including Icelanders' incomprehensible superiority complex that convinced many lifelong fishermen that they were gifted investment bankers.)

**Cultural Diversity**

-- Among the lingering sex-based customs in Saudi Arabia is the restriction on women's working outside the home, which forces lingerie shops to be staffed only with males, who must awkwardly make recommendations on women's bra styles and sizes. The campaign for

change, led by a Jeddah college lecturer, has enlisted even some clerks, who are just as embarrassed about the confrontation as the customers, according to a February BBC News dispatch.

-- Only in Japan/Only in Sweden: (1) Sega Toys Co. reported in January that, in just three months, it had sold 50,000 units of the Pekoppa, a "plant" consisting of leaves and branches that flutter when "spoken to," the success of which the company attributes to the epic loneliness of many Japanese. (2) Advocates for children complained in April that Sweden's national library, acting on a standing order to archive copies of all domestic publications, has been gathering books and magazines of child pornography from the years 1971-1980, when it was legal, and, as libraries do, lending them out.

-- The Natural Resources Defense Council and Greenpeace commenced campaigns in February critical of the peculiar preference of Americans for ultra-soft or quilted toilet paper. In less-picky Europe and Latin America, 40 percent of toilet paper is produced by recycling, but Americans' demand for multi-ply tissue requires virgin wood for 98 percent of the product. The activists claim that U.S. toilet paper imposes more costs on the planet than do gas-guzzling cars.

**Latest Religious Messages**

-- Buddhist monks continue to add to their 20-structure compound near the Cambodian border using empty beer bottles, according to a February feature in London's Daily Telegraph. Their building program, begun in 1984, already uses 1.5 million bottles, mostly green Heinekens and brown, locally brewed Chang, both of which are praised for letting in light and permitting easy cleaning.

-- A group of an estimated 10,000 believers is attempting to reverse American Christianity's declining birthrate by

shunning all contraception, in obedience to Psalm 127, which likens the advantage of big families to having a "quiver" full of "arrows" (and which calls itself the QuiverFull movement). "God opens and closes the womb," explained one advocate, to National Public Radio in March, noting that in her own church in Shelby, Mich., the mothers average 8.5 children. "The womb is such a powerful weapon ... against the enemy," she said. "The more children I have, the more ability I have to impact the world for God."

**Questionable Judgments**

-- Australian Marcus Einfeld (a lawyer, former federal judge and prominent Jewish community leader) was once decorated as a national "living treasure," but he suffered a total downfall in 2006 by choosing to fight a (Aus.)\$77 speeding ticket. By March 2009, he had been sentenced to two years in prison for perjury and obstructing justice because he had created four detailed schemes to "prove" that he was not driving that day. His original defense (that he had loaned the car to a friend who had since conveniently passed away) was accepted by the judge, but dogged reporting by Sydney's Daily Telegraph revealed that lie, plus subsequent elaborate lies to cover each successive explanation. Encouraged by those revelations, the press later uncovered Einfeld's bogus college degrees and awards and an incident of double-billing the government.

-- A high school student in Oakton, Va., was suspended for two weeks in March when she inadvertently brought to school her birth-control pill (her prescription for which was approved by her mother). It was only then (with two weeks off to research it) that the girl discovered that, in comparison, county rules required only one week's suspension for bringing heroin to school. Officials told the Washington Post that birth-control pills are particularly objectionable because they countermand the school system's "abstinence-only" sex education classes.

-- Bad Decisions: (1) Chrysler Corp. may be on its last legs as a stand-alone company, but that did not stop its representatives from disrupting a funeral proceeding in Cranbury, N.J., in March to subpoena the corpse (which the company said is relevant to a pending lawsuit over mesothelioma). (2) Joseph Milano, owner of Goomba's Pizza in Palm Coast, Fla., was in the federal witness protection program for squealing on Bonanno crime family members in New York but lost his anonymity in January when he was arrested for allegedly pistol-whipping a

customer who had dared to criticize his calzone.

**Feral Americans**

Recent Human Biting: (1) Sheila Bolar, 49, was arrested after biting a transit driver because she wanted to ride only a "hybrid" bus (New York City, January). (2) Aleyda Uceta, 30, was arrested for biting her son's principal during a parent-principal conference (Providence, R.I., March). (3) Curtis Cross was arrested for allegedly biting off another motorist's ear in a road rage incident (New Castle, Ind., April). (4) Lyndel Toppin, 50, bit down on his fiancée's arm, resulting in nerve damage, because she had arranged the cheese incorrectly on his meatball sandwich (Philadelphia, April). (5) Blaine Milam, 19, and Jessica Carson, 18, were arrested for performing an exorcism on their baby daughter that resulted in 20 bite marks (Rusk County, Texas, December).

**Least Competent People**

Our Elected Leaders: (1) During an April Texas House committee hearing (according to a Houston Chronicle report), state Rep. Betty Brown suggested a solution to the voter-registration confusion caused by Chinese-Americans' Anglicizing their names (which yields non-standard spellings): "Do you think that it would behoove you and your citizens," she asked a Chinese-American activist, "to adopt (names) that we (lawmakers) could deal with more readily here?" (2) During a March Florida Senate debate on whether to exempt "animal husbandry" from the law against bestiality, Sen. Larcenia Bullard asked (seriously, according to a Miami Herald reporter), "People are taking these animals as husbands?"

**Recurring Themes**

News of the Weird has noted two previous instances of "Weekend at Bernie's"-like attempts by a relative or friend of a newly deceased person to dress up the corpse and bring it to a bank to convince officials that the dead man is merely frail and to request funds from his account. Both of those attempts failed, but in Witbank, South Africa, in March, the Afrikaans-language daily Beeld reported success: A post office supervisor released a government check to two women who had brought in a dead pensioner but only after the women promised that the money would only be used for the man's burial expenses.

**A News of the Weird Classic (January 1994)**

Homeless couple Darryl Washington and Maria Ramos were injured in 1992 when a train rammed them as they

SEE "WEIRD" PAGE 21.

**"Pueblo's Only Shuttle Service"**

If you're planning a trip, special event or excursion CALL US!

Colorado Springs Airport Service  
ADA approved

**719 545-9444**  
**1-877 545-9435**

24 hr service

**Shuttle Service**  
Of Southern Colorado, Inc.  
215 S. Victoria St., Suite B  
Pueblo, CO 81003

**Little Caesars®**

**HOT-N-READY**

**All Day - Every Day Large Pepperoni Pizza**

**\$5.99** plus tax, carryout only

**PUEBLO**  
1175 S. Prairie (In Sunset Plaza) • 564-9611  
1801 Santa Fe Dr. (Aspen & Santa Fe) • 543-3400  
1230 Bonforte (In Belmont Shopping Center) • 544-4500  
4104A Outlook Blvd. (Between Albertson's & Lowe's) • 544-7701

**PUEBLO WEST**  
74 North McCulloch Blvd. (By Super Wal-Mart)  
547-8828

**LAMAR**  
1203 S. Main St. (Next to Corner Liquor)  
336-8777

**CANON CITY**  
1520 Royal Gorge Blvd. (Next to Canon City Tire)  
275-2748

**LA JUNTA**  
7 Conley Rd. (By Super Wal-Mart)  
383-2700

**Pueblo's Medical Center of Choice**

**department of family medicine**  
Mark Potzler, MD, Spencer Walker, MD  
Rochelle Elijah, MD, Lisa Clough, FNP,  
Deborah Nittmann, FNP-C  
719-553-2201

**department of family medicine/Ivywood**  
Jamie Pollock, MD  
719-566-0222

**department of gastroenterology**  
Robert Manning, MD, PhD  
719-553-2205

**department of occupational medicine**  
Nicholas Kurz, D.O.  
719-553-2207

**department of orthopedics**  
Charles Hanson, MD  
719-553-2206

**department of pediatrics**  
Rita Ellsworth, MD  
Carla Proctor, MD  
719-553-2204

**department of rheumatology**  
Patrick Timms, MD  
719-553-2203

**urgent care**  
Scott DeRuiter, MD  
Susan Zickefoose, MD  
719-553-2208  
Christopher Wilson, DO  
Robert Lutes, MD  
719-553-0111

**department of physical therapy**  
Joseph Ruzich, PT Director  
719-553-2209

**URGENT CARE** Walk-In Service, No appointment necessary! OPEN EVERYDAY 8:00AM - 8:00PM

**southerncoloradoclinic**

2 Locations to better serve you.  
**Hwy. 50 West & Pueblo Blvd. (719) 553-2200**  
**Ivywood Ln. & S. Pueblo Blvd. (719) 553-0111**

**southerncoloradoclinic, p.c.**  
3676 Parker Blvd. • Hwy. 50 W. & Pueblo Blvd. • 553-2200

# For A Healthier You



## Arthritis: Take Action Early To Avoid Pain!

by **Angie Hager**-Arthritis Foundation-Rocky Mountain Chapter 303-756-8622 [ahager@arthritis.org](mailto:ahager@arthritis.org)

### Rheumatoid Arthritis Diagnosis Can Be Difficult Take Action Early to Avoid Joint Pain and Damage

March 2009 – For some of the 1.3 million Americans diagnosed with rheumatoid arthritis, the initial diagnosis of the chronic, autoimmune disease was difficult to come by. Not only can the symptoms be attributed to various ailments, but approximately 20 percent of people with rheumatoid arthritis will have a negative rheumatoid factor test, a common test for diagnosing the disease.

Women are two to three times more likely than men to be affected by rheumatoid arthritis and the average age of diagnosis is 30 to 50 years old.

“For those with rheumatoid arthritis, taking an early and active role in the management of the disease is so important as joint damage often occurs within the first two years,” said Pat Gott-

fried, president of the Arthritis Foundation, Rocky Mountain Chapter. “Early diagnosis and treatment can minimize joint pain and damage.”

Oftentimes, women may delay seeking medical advice or treatment until the joint pain becomes debilitating.

“Initial signs of rheumatoid arthritis for many people may have included joint pain in hands or feet, swelling of fingers or feet, or difficulty picking things up,” said Kathy Jensen, VP of Programs of the Arthritis Foundation, Rocky Mountain Chapter.

Answering “yes” to the following questions may indicate a need to seek medical advice to determine whether rheumatoid arthritis may be the cause.

- Regular morning joint stiffness
- Persistent joint pain that does not improve
- Joint pain that is getting worse over time
- Joints that are swollen, red, hot or tender to the touch

• Joint pain accompanied by fever

- Several affected joints
- Joint problems that affect with your ability to move or function

Information about rheumatoid arthritis can be found by calling the Arthritis Foundation at 303-756-8622 or by visiting [www.rockymountainarthritis.org](http://www.rockymountainarthritis.org). Also, the Arthritis Foundation provides numerous resources for those who have been diagnosed with rheumatoid arthritis including the Let’s Talk RA communication kit, town hall meetings, and the RA Connect online forum.

### About The Arthritis Foundation

Arthritis is the nation’s most common cause of disability with a nationwide economic impact of more than \$128 billion annually. The condition strikes all ages and knows no racial or ethnic boundaries. 46 million people have been doctor diagnosed and 300,000 children are affected.



The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases – the nation’s most common cause of disability. For more information, contact the Rocky Mountain Chapter, serving Colorado, Montana and Wyoming at 800-475-6447 or online at [www.rockymountainarthritis.org](http://www.rockymountainarthritis.org)

### ENT PARTNERS WITH ‘CLIMB TO CONQUER CANCER’ EVENT

*Community welcome to donate to the cause at any Ent location*

Colorado Springs/Pueblo/Denver, Colo. (April 13, 2009) – Ent Federal Credit Union is the patron sponsor of this year’s Climb to Conquer Cancer – a fundraising event benefiting the American Cancer Society. Through employee and member contributions, Ent hopes to raise \$18,500 for this year’s campaign.

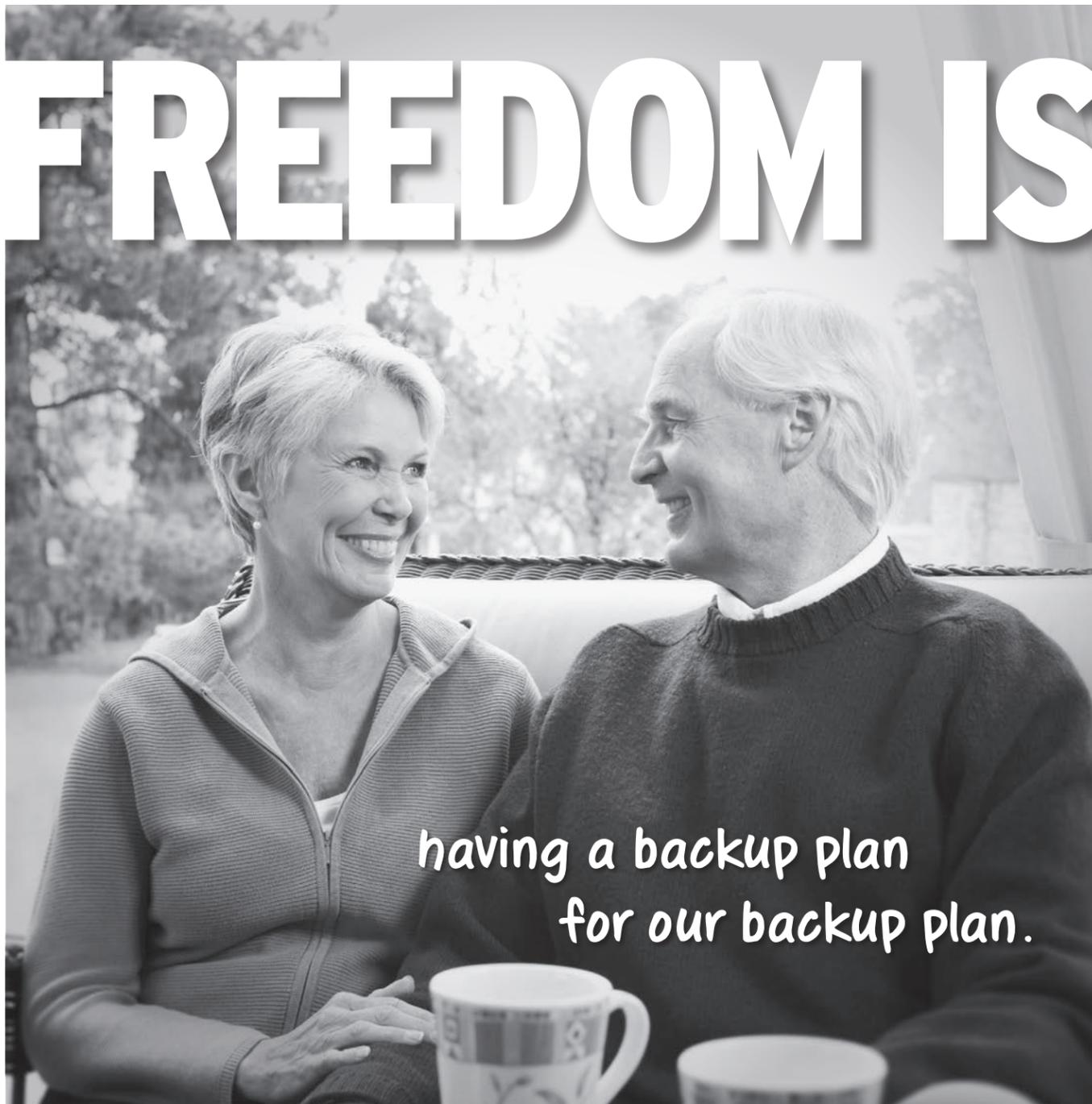
Those interested in donating to the cause can visit any of Ent’s 27 service center locations throughout Colorado Springs, Pueblo and Denver; contributions can also be made over the phone by calling Ent’s call center at 800-525-9623. Online donations can be made at [www.Ent.com/ClimbToConquer](http://www.Ent.com/ClimbToConquer).

Ent is also providing posters at all of their centers that anyone can sign to honor their loved ones affected by cancer. These special posters will be displayed during the Climb to Conquer Cancer event happening Saturday, May 16 at the Cheyenne Mountain State Park.

Visit [www.Cancer.org](http://www.Cancer.org) to learn more about the Climb to Conquer Cancer event and how every dollar raised goes to help find a cure.

### About Ent

Ent Federal Credit Union, established in 1957, is the leading financial institution in Southern Colorado with \$2.8 billion in assets and more than 194,000 members. The credit union provides a full range of financial solutions through 27 service centers throughout Colorado Springs, Pueblo and Denver. They offer online and telephone banking, a call center and a mortgage loan center. Ent is a not-for-profit, community-chartered credit union with membership open to businesses or individuals living or working in Denver, El Paso, Pueblo and Teller counties, as well as select communities in Weld, Adams and Arapahoe counties. Ent is federally insured by the NCUA. [Ent.com](http://Ent.com)



having a backup plan  
for our backup plan.



### REVERSE MORTGAGES CAN HELP YOU RESPOND TO THE UNEXPECTED.

Ent’s Reverse Mortgages\* give you flexible access to your home’s equity, giving you freedom to respond to the unexpected. And it’s up to you how you choose to receive your funds – with your choice of a lump sum, a line of credit, monthly payments, or a combination of those methods. There are no limits or restrictions on how you can use the money and you retain ownership of your home as long as you live in it. Learn more about Ent’s Reverse Mortgages by calling us at (719) 574-1100 ext. 5602 or 800-525-9623 ext. 5602 today. For more information, visit us online at [Ent.com](http://Ent.com).

Ent is a community-chartered credit union • Equal Opportunity Lender  
Federally insured by NCUA • © Ent Federal Credit Union, 2008  
Ent is a registered trademark of Ent Federal Credit Union.



\*You must be 62 years of age and occupy your own home to qualify for a Reverse Mortgage. There are no income qualifications.

# Fashion: Looooking Gooood!

## Even More Places To Shop If You're 60, 70, 80 or 90!

by Patricia McLaughlin

You may be 90; your clothes don't need to be.

(Caption: Top off a tunic T-shirt and a pair of yoga pants with Lands' End's springy print raincoat, and a woman of almost any age is ready to go almost anywhere. Photos: Lands' End)

No wonder they feel ignored. When today's 80- and 90-year-olds were teenagers, all the women in the fashion magazines were 40 -- matrons like Mrs. Harrison Williams and the Duchess of Windsor. Now that they're old, all the girls in the magazines are 12, and even the models in department store ads in newspapers look too young to vote.

Even so, older women can find clothes that fit well and look good if they know where to look and what to look for. Last week we looked at some retailers that specialize in clothes for older women, and some that target baby boomers with easy-fit clothes that elide curves instead of hugging them.

Another group worth checking out: Retailers that started out as specialty outfitters to campers, hikers, fishermen, general outdoorspersons, travelers, dancers, athletes, etc., but have broadened their stock to appeal to general audiences of any age.

Their specialist heritage seems to endow them with a healthy preoccupation with function and quality and to inoculate them against the faddism that runs rampant through the fashion industry. They'll widen or narrow trouser legs or drop waistlines an inch or two to stay mainstream, but you'll never catch them making trousers with such low rises that the fly zippers seem to have been made for coin purses. Besides which, they've been around long enough to know what it takes to hold on to longtime customers as they age.

-- Travelsmith ([www.travelsmith.com](http://www.travelsmith.com), 1-800-950-1600) pioneered the basic travel dress that everybody does a version of now; they also sell lots of easy,

packable, washable jackets, shirts, tunics, pants; shoes you can walk miles in; a great-looking rolling totebag in quilted patent a la Chanel.

-- L.L.Bean ([www.llbean.com](http://www.llbean.com), 1-800-441-5713) is known for their wear-like-iron canvas tote bags, sturdy clothes for camping and hiking, nicely finished fleece pieces, and classic striped French sailor T-shirts. Just arrived for spring: canvas Mary Janes; a bright, lightweight canvas peacoat; a new line of clothes with built-in sunscreen.

-- Eddie Bauer ([www.eddiebauer.com](http://www.eddiebauer.com), 1-800-426-8020) used to specialize in oversized boxy shapes, but no more. Happily, they label their clothes by fit ("shaped fit," "classic fit," "easy fit") to help you steer clear of clingy things that might look better on somebody 18 than somebody 80. At the moment, for some reason, their clearance section has a surprising number of summer dresses.

-- Lands' End ([www.landsend.com](http://www.landsend.com), 1-800-963-4816) is a great source

of well-made mercifully logo-free cotton knit sweaters, T-shirts, polos, pants, skirts. Personal fave: the Activewear Tunic T, long enough to wear over leggings without embarrassment but, unlike most oversized Ts, not too big in the shoulders and armholes, and slightly A-shaped so as not to stick to the hips. New Sun. Life collection offers UPF (ultraviolet protection factor) of 30 to 50 as well as wicking and antimicrobial functions. Top off a T and a pair of yoga pants with their springy print raincoat, and you're ready to go almost anywhere.

-- Orvis ([www.orvis.com](http://www.orvis.com), 1-888-235-9763) is known for classic sportswear and -- gift-givers take note -- their gift cards are especially pretty: Choose an adorable black lab, a yellow lab, a stroll on a beach, a straw-hatted gardener cutting some lush strawberry foxgloves.

-- Norm Thompson ([www.normthompson.com](http://www.normthompson.com), 1-877-718-7899) has cute shoes from Born, Indigo, Matisse, Sofft -- and their Crocs are on sale; Miraclesuit swimsuits; cool lightweight jackets; jeans and pants with "tummy trimming technology" to make you "look 5 lbs. slimmer."

-- Danskin ([www.danskin.com](http://www.danskin.com), 1-800-288-6749) is especially good for basic black stretch pants, whether called jazz pants, yoga pants, athletic pants, casual pants or whatever.

And then there are clothiers whose wares can work well for older women, even if they don't fit any obvious pigeonhole:

-- F.H. Clothing Co. ([www.fathat.com](http://www.fathat.com), 1-802-296-6646), formerly Fat Hat Co., started out as one woman making crafty hats, and has grown to include six collections of loose-fitting A-shaped tops (shirts, jackets, tunics) and coordinating pants (plus at least one skirt) in a choice of four fabrics and many colors.

-- Deva Lifewear ([www.devalifewear.com](http://www.devalifewear.com), 1-800-222-8024) has been making loose, comfortable casual clothing from conventional, green and organic cotton for going on 30 years. Great voluminous caftans for lounging around, and their simple A-shaped dresses can turn out to be more flattering than you might expect.

-- Garnet Hill ([www.garnethill.com](http://www.garnethill.com), 1-800-870-3513), probably better known for its colorful sheets, towels, quilts and hooked rugs, also offers a choice collection of women's clothing, including sweaters in delicious colors, interesting shoes, lots of Eileen Fisher.

-- Vermont Country Store ([www.vermontcountrystore.com](http://www.vermontcountrystore.com), 1-802-362-8460) has an apparel section that upholds its reputation as a likely source of things you thought they'd quit making ages ago -- Models Coat dusters by Swirl, Lollipop cotton panties, Munsingwear Balbriggan pajamas, Tretorn Nylite canvas sneakers, Ship'n Shore blouses, classic Bermuda bags, muumuus and caftans, Buster Brown no-elastic cotton ankle socks in four sizes, Lanz nightgowns, etc. I've had an eye on their A-shaped denim jumper since I was in college; also not to be missed: the pintuck denim shirt said to be "as ladylike as it is comfortable," and the "stunning black ribbon and lace muumuu top" that promises to bestow mystery and grace and is marked down to \$26.99.

Write to Patricia McLaughlin c/o Universal Press Syndicate, 1130 Walnut St., Kansas City, MO 64106 or [patsy.mcl@verizon.net](mailto:patsy.mcl@verizon.net).

strength

compassion

hope

innovation

expertise

The physical therapy made me feel strong.  
The people made me feel welcome.



At Villa Pueblo Senior Living Community we offer on-site physical, occupational and speech therapists. So for rehabilitation after surgery, a stroke, illness or accident, we can get you back to doing more and heading home. Our private therapy apartment helps facilitate your return home. And we are one of only two Pueblo facilities with a therapist certified to use VitalStim® Therapy, the latest in swallowing treatments. We have a homelike atmosphere, state-of-the-art therapy room and a courtyard and walking area. Visit us in person, by phone or online.

Medicare A and B are accepted.

### Villa Pueblo Senior Living Community

 Centura Health.

1111 Bonforte Boulevard  
Pueblo, CO 81001  
719-545-5911

[centuraseniors.org](http://centuraseniors.org)

# Social Security & You

by Melinda Minor, District Manager - Pueblo



## IN TIMES LIKE THESE, EVERY DOLLAR COUNTS

"It was the best of times, it was the worst of times." This is the line Charles Dickens used to open his novel A Tale of Two Cities. It could just as easily be used to describe the situation for people who benefit from the marvels of modern medicine, yet find it difficult to afford the high costs of those prescription drugs.

This Mother's Day is the best of times to help your mom save an average of \$3,900 a year on her prescription drug costs. Here's how.

If your mother is covered by Medicare and has limited income and resources, she may be eligible for extra help — available through Social Security — to pay part of her monthly premiums, annual deductibles and prescription co-payments. The extra help is worth an average of \$3,900 per year.

To figure out whether your mother is eligible, Social Security needs to know her income and the value of her savings, investments and real estate (other than the home she lives in). To qualify for the extra help, she must be receiving Medicare and also have:

- Income limited to \$16,245 for an individual or \$21,855 for a married couple living together. Even if her annual income is higher, she still may be

able to get some help with monthly premiums, annual deductibles and prescription co-payments. Some examples where income may be higher include if she or her husband:

- Support other family members who live with them;
- Have earnings from work; or
- Live in Alaska or Hawaii; and
- Resources limited to \$12,510 for an individual or \$25,010 for a married couple living together.

Resources include such things as bank accounts, stocks and bonds. We do not count her house or car as resources.

Social Security has an easy-to-use online application that you can help complete for your mom. You can find it at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp). To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020). Or go to the nearest Social Security office.

To learn more about the Medicare prescription drug plans and special enrollment periods, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

So this Mother's Day, help make this the best of times by saving your mom, or any loved one, an average of \$3,900 a

year on prescription drugs. In times like these, every dollar counts.

## QUESTIONS AND ANSWERS GENERAL

### Question:

For years, I've enjoyed the convenience of having my Social Security benefit directly deposited into my bank account. I've recently changed banks. How do I change my direct deposit from one bank to another?

### Answer:

You can sign up or change your direct deposit account by:

- Contacting your bank, credit union, or savings and loan association, or financial institution;

- Filling out a Direct Deposit Sign Up Form and taking it to your financial institution or Social Security office. The form is available at [www.socialsecurity.gov/deposit/1199a.pdf](http://www.socialsecurity.gov/deposit/1199a.pdf).

- Calling Social Security toll-free at 1-800-772-1213 (TTY 1-800-325-0778); or

- Obtaining a password at [https://secure.ssa.gov/acu/IPS\\_INTR/main.jsp](https://secure.ssa.gov/acu/IPS_INTR/main.jsp). Then you can start or change direct deposit online by going to [www.socialsecurity.gov](http://www.socialsecurity.gov) (for Social Security benefits only).

When you contact us, be sure to have your Social Security number and a personal check or statement from your new account. We will need information from these documents to start your new direct deposit. Learn more at [www.socialsecurity.gov](http://www.socialsecurity.gov).

### Question:

What's this I hear about a one-time recovery payment for Social Security beneficiaries? Will I get a payment?

### Answer:

If you get Social Security or Supplemental Security Income (SSI), then you should receive a one-time recovery payment of \$250. On February 17, 2009, President Obama signed into law the American Recovery and Reinvestment Act of 2009. Among its provisions are one-time payments to Social Security and Supplemental Security Income (SSI) beneficiaries. You should receive your payment by the end of May. To learn more, visit [www.socialsecurity.gov/payment](http://www.socialsecurity.gov/payment).

## RETIREMENT

### Question:

How much money can I earn and

still get Social Security benefits?

### Answer:

It depends on your age. Social Security uses the formulas below to determine how much your benefit must be reduced when you earn money:

- If you are under your full retirement age when you start getting your Social Security payments, we deduct \$1 in benefits for each \$2 you earn above an annual limit. For 2009, that limit is \$14,160.

- In the year you reach your full retirement age, we will deduct \$1 in benefits for each \$3 you earn above a different limit. For 2009, this limit is \$37,680.

- Starting with the month you reach full retirement age, you can earn as much as you want and still receive all of your Social Security benefits.

To learn more, read our publication How Work Affects Your Benefits available at [www.socialsecurity.gov/pubs/10069.html](http://www.socialsecurity.gov/pubs/10069.html).

### Question:

I applied for retirement benefits online; how can I check the status of my application?

### Answer:

If you applied for benefits online, the most convenient way to check is — online! Just use the confirmation number you received when you finished your application and go to [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline). There, you can return as often as you'd like to check the status of your application.

## DISABILITY

### Question:

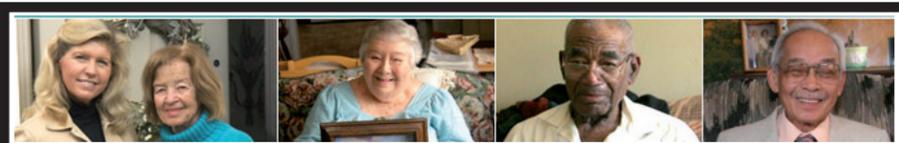
I just got turned down for disability benefits. Can I appeal the decision, or should I file a new application?

### Answer:

You can appeal the decision, and the most convenient way to go about it is to appeal online. An Internet appeal is a starting point to request a review of our decision about your eligibility for disability benefits. If your application is denied for:

- Medical reasons: You can complete and submit the required appeal request online. The disability appeal report asks you for updated information about your medical condition and any treatment, tests or doctor visits since we made our decision. You'll find it at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability).

- Non-medical reasons: You should contact your local Social Security office to request the review. You can find your local office by visiting [www.socialsecurity.gov](http://www.socialsecurity.gov) and selecting "Find a Social Security Office." You also may call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778), to request an appeal.



## WON'T YOU HELP THE MEALS-ON-WHEELS PROGRAM?

The Meals on Wheels program is in need of volunteer drivers. Mileage is reimbursed and interested persons must fill out an application and provide a copy of their drivers' license and car insurance. After they have passed a background check and go through a short training, they may begin driving. Contact person is Cher Robeda, Volunteer Driver Recruiter at 404-0922.



1-719-372-3910 - 660 Hwy 115 Penrose, CO 81240

## The Gooseberry Patch Presents Our Mother's Day Celebration!!

### Breakfast Buffet

8:00AM - 11:30AM

Scrambled Eggs, Quiche, Ham, Bacon, A Variety of Sausages, Cheese Grits, Biscuits & Homemade Sausage Gravy, Tortillas, Green Chili for Burritos, Fried Potatoes & Onions, Pancakes, French Toast, Fresh Fruit, Pastries, Waffle Bar, Yogurt Granola Parfaits, Juice, Coffee or Tea

\$11.95 Adults - Seniors \$9.95 Kids 5-11 65cents/yr Children 4 and Under FREE!

### Dinner Buffet

11:45AM - 5:00PM

Salad Bar, Fresh Fruits, Variety of Breads, Honey Glazed Ham w/ Cherry Sauce, Roast Turkey, Carved Beef, Fried Chicken, Peel-N-Eat Shrimp, Fried Cod & Shrimp, Mashed Potatoes, Gravy, Yams w/Orange Sauce, Corn, Fettuccine, Red Sauce & Meatballs, Fried Potatoes & Onions, Green Beans.

Dessert Choices, Coffee, Tea or Lemonade

Adults \$16.95 Seniors \$14.95 Kids 5-11 \$7.95 Kids 4 & Under FREE!

Some Items May Change As Day Progresses

Reservations Suggested

Check Out Our SeniorGuide'09 at

[www.seniorbeacon.info](http://www.seniorbeacon.info)

• Cañon City, 275-9789 • Pueblo, 543-7180 • Pueblo West, 647-9428

## Work out for FREE\* with SilverSneakers.

If your Medicare health plan offers the SilverSneakers® Fitness Program, you could be back at Curves for FREE.

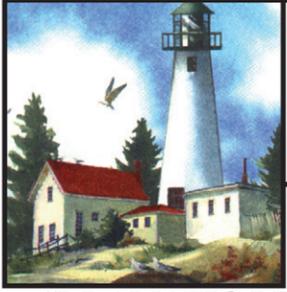
CALL OR STOP BY TODAY TO LEARN MORE



Curves

\*At no additional cost beyond your health plan premium. You must be a Medicare-eligible member of a participating health plan. SilverSneakers® is a registered mark of Healthways, Inc. ©2009 Curves International, Inc.

• Cañon City, 275-9789 • Pueblo, 543-7180 • Pueblo West, 647-9428



# “Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



## “DRAMATIC LESSONS AND SWEET SURPRISES IN FLORIDA” MAY, 2009

The plane landed smoothly and taxied to a halt. I gazed through the window at Pensacola Airport. The building was tiny compared to Denver International where our flight originated. The plane was small as well and I fought claustrophobic anxiety waiting for people to start moving. I love to fly but was glad to get into the open airport. Rick and I were excited about this third mission trip to Florida and the fifteen prison worship services scheduled in less than two weeks. Also on the agenda was a concert with High Atmosphere Blue Grass and two informational meetings, one in Dothan, Alabama to share about Prayer For Prisoners International ministry. Ten team members were part of this mission including four band members. The others would arrive the next day. On any adventure with Jesus, I never know quite what to expect. As always, He has wonderful sweet surprises and contacts with new brothers and sisters in Christ as well as powerful visual lessons to share with prisoners. The wind was chilly the first week but with no rain. The schedule took us to prisons in different towns and on some days with three services per day. Much of our time was spent driving between towns and finding prisons while the team

members followed in two vehicles wondering if we or the GPS was possessed. This MED (maddening electronic device) took us on roads that nearly cost the “lady in the satellite” her reputation. After many U-turns, “recalculating,” trips through dense residential areas, “recalculating,” over cow paths, “recalculating,” and nearly into the Gulf of Mexico, “recalculating,” because of her miscalculating, we were ready to throw that little devise out the window INTO the Gulf. “Recalculating,” was comical for a while but soon became frustrating, especially when time was limited between facilities. However, we weren’t late to any of them. God ordered our steps and provided some tests of perseverance and patience along the way. Lessons the Lord presented as we traveled were unforgettable. He never ceased to amaze me at how intimately He knows each of His children. I have no greater joy than the awareness of how much the heavenly Father loves me. He demonstrates this in many ways and I like to call them “Sweet Surprises.” Over the two weeks, Rick and I put nearly 3,000 miles on the rental car and saw wonderful Florida scenery. Gorgeous pink, lavender and white azalea hedges lined



driveways, gardens and fences. The azaleas were breathtakingly beautiful and some as tall as homes. The sweetest floral surprise presented itself when I realized to my wonder and delight, that the Lord took me to Florida when the wisteria vines were in bloom. Wisteria is one of my favorite flowers, but like wild honeysuckle in Kentucky, some people may consider wisteria vines weeds and a nuisance. Not me. Magnificent lavender blue clusters hang like huge bunches of grapes. Beautiful fragrant blossoms drape trees along highways and up the sides of buildings and fences. Realization of this precious gift dawned and I was at once reminded of how thoroughly my Father knows the desires of my heart and the precious promise from Psalm 37: Delight yourself in the LORD and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this. What a wonderful Sweet Surprise. Tears filled my eyes and I caught my breath in a sudden gush of joy. How incredible is this intimate love from the Creator. Wow. This sort of emotional rush is impossible to explain and I can’t begin to understand it. Yet, my spirit rejoices in His love lavished on me in ways I would never have dreamed.

Other beauty decorated the roadways. Especially lovely and fascinating, but also mysterious and sometimes ominous, is Spanish Moss dramatically draping limbs of southern oak, sweet gum and other trees. Like mistletoe and some other mosses, Spanish Moss is like a parasite consuming nutrients from the air. However, because it lives in trees, preventing light absorption, the tree begins to lose life. Spanish moss is beautiful hanging on live trees and makes forests and roadways appear almost mystical and intriguing but the destruction is evident as life is sapped from the host tree. The contrast of a beautiful moss-draped tree with a considerable amount of green standing next to another tree also draped in moss but with no visible sign of life

is heartbreaking. How can something so beautiful cause destruction and death of a lovely tree? I thought of sin in the life of a Christian. Sin, for a season, can appear attractive and if allowed to flourish and grow saps the spiritual and sometimes physical life of a person. Like Spanish Moss sin prevents Light from nurturing the “host” and the beauty is diminished. Every Christian should be on guard against the parasites of sin such as greed, pride, doubt, bitterness, unforgiveness, backbiting, lying and gossip. These things choke the Christ-life of a believer and damage the testimony. Only constant communication with the SON, and soaking up that Light, keeps us safe from these enemies of truth.

Wonderful opportunities presented themselves for my sharing this visual analogy with prisoners in Florida who are familiar with destruction caused by Spanish Moss. Not that prisoners need to be told how their crime wrecked their lives but the visual the Lord provided was significant for all who become entangled in selfishness and other sinful prideful ways. The Sweetest Surprise of all was a gift the Lord blessed me with at the last prison service with 180 women in attendance. Rick and I shared some of our testimonies and the Lord brought it together wrapped in a beautiful package of His grace. Everyone was in tears, even the chaplain. A long line of women came forward for specific prayer and there was time to pray individually with each one. Several said through tears, “I am the one God sent you here to talk to today. It was me.” Another said, “God met us here today, didn’t He, Jan?” And the Sweetest gifts of all were the two women who, in turn, put their arms around me and prayed for ME while I sobbed with joy and amazement at the incredible presence of the Lord and the outpouring of His love. They both said, “Don’t ever stop telling your story. These women need to hear it.”

Amazing! I think my obedience blesses and encourages someone and the next thing I know I receive the greatest blessing and encouragement straight from heaven. That is our Lord Jesus. Those are His gifts. I like to call them “Sweet Surprises!” © May 2009 Jan McLaughlin All rights reserved.

Warriors For Prisoners and can be reached at 719-275-6971 or by e-mail, [prayerforprisoners@msn.com](mailto:prayerforprisoners@msn.com)





*Incentive-Based Pricing*  
**ASSISTED LIVING**

“We reward residents who are committed to remaining active, social, and engaged in life and living with our lowest monthly fee.”  
*Dennis Prather, Executive Director*

*Carefree Assisted Living & Retirement Living at its Best!*

- Serving Private Pay and Medicaid-Approved Seniors
- 4-Incentive-Based Levels of Care: Assistance w/Bathing, Dressing, Grooming, Personal Care & Hygiene, Mobility, and More. **Residents Only Pay For the Level of Care Needed/Desired**
- No Hidden Charges. Monthly Fee Covers All Care, Assistance, Services and Room
- Coordinated Care With a Resident, Their Family, Physician, and a Registered Nurse On-Staff
- Memory, Confusion, and Dementia Impairment Challenges Addressed With Loving Care, Compassion, and Empathy

The Oddfellows & Rebekahs of Colorado present Assisted Living & Retirement Residences:

**Friendship House**  
1020 N. 15th St. • Cañon City, CO 81212  
Manager: Cindy Warren  
719-275-7451

- and -

**Legacy Center, Inc.**  
1335 Bauer Ln. • Cañon City, CO 81212  
Manager: Darla Watley  
719-275-2917

## BELMONT SQUARE APARTMENTS

SPRING “MOVE-IN” SPECIAL  
Bring This Ad & Tour Our Model & RECEIVE AN ADDITIONAL

**\$50 OFF**  
Look & Lease Same Day & Application Fee Is Waived!

- **ELEVATORS**
- Sparkling seasonal lap pool,
- Remodeled clubhouse • On Bus Line
- On-Site laundry facilities
- Well maintained property
- Walk to schools/shopping/mall
- 2020 Jerry Murphy Rd - Pueblo, CO
- Call Ray for specials! 545-2236  
[belmontsquareapt@comcast.net](mailto:belmontsquareapt@comcast.net)

**FRONTIER FEEDS**

HOURS  
WEEKDAYS 8:00-5:30  
SAT. 8:00-3:00

- ALL TYPES OF MIXED GRAINS
- PET FOODS & HEALTH PRODUCTS
- SCIENCE DIET
- PRO PLAN

719-275-7557  
3275 E. Hwy 50 - Canon City, CO 81212  
(Across from McKenzie)

# Parkview Offers New Resource For The Sleepless

**Southern Colorado Sleep Center Opens At Parkview-Pueblo West**  
 PUEBLO, Colo. (April 16, 2009)--- If you experience occasional or frequent problems with sleep, you are not alone. Approximately one-third of all Americans have a sleep disorder. Southern Colorado Sleep Center at Parkview

Medical Center currently has a four room sleep lab and recently opened a second location offering two additional rooms. Southern Colorado Sleep Center's new location is conveniently located at Parkview- Pueblo West, 899 Industrial Boulevard.  
 The Sleep Center of Southern Colorado at Parkview is accredited by the American Academy of Sleep Medi-

cine (AASM) to evaluate and treat all sleep/wake disorders. The staff at both locations include board certified physicians; Dr. James Pagel, Dr. Craig Shapiro, and Registered Polysomnography Technologists as well as consultants in Pulmonary Medicine, Neurology, Oral Surgery, Psychiatry, Psychology and Ear, Nose and Throat Surgery. The Sleep Center of Southern Colorado at Parkview treats, on average 113 patients a month. The addition of the Parkview-Pueblo West facility will reduce the amount of time a patient has to wait to have a sleep study performed.

pressure, memory problems, or even depression. A good night's sleep is important to your health and well being. While the majority of sleep problems are not life threatening, some can result in serious medical conditions such as heart disease, stroke, and even death. Successful treatment of a sleep disorder can give you a better quality of life. The Sleep Center of Southern Colorado can help seniors, adults and children in diagnosis and treatment of sleep disorders.

If you would like to find out if you are a candidate for sleep disorder treatment, contact your physician or Mike Palasio, Program Coordinator at The Southern Colorado Sleep Center at Parkview Medical Center (719) 584-4976, or Eric Pacheco, Assistant Program Coordinator at our new location, Parkview- Pueblo West (719) 288-2135.

Sleep disorders may take on many forms. Some disorders keep you from falling asleep. Others make you overly tired and fatigued during the day. Sleep disorders can also cause symptoms such as morning headaches, high blood

**Fremont Regional Hospice**



**115 S. 5th St.  
 Canon City, CO 81212  
 719-275-4315  
 website: fremontregionalhospice.org**

FREMONT REGIONAL HOSPICE  
 Fremont County's ONLY locally owned & Operated Non-Profit Hospice

**CARE - COMPASSION - COMFORT**

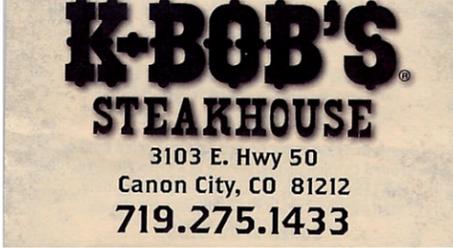
**"THE SALAD WAGON"**

- Farm Fresh Vegetables • Fruits • Homemade Salads
- Soups • Fixin's and Our Famous Hot Kettle of Beans

*Also Enjoy Homemade Soups Made From Scratch Daily*



**Full Menu - Trademark Steaks  
 Homestyle Favorites  
 Steakhouse Burgers and Sandwiches  
 Local Flavors and Seafood**



**K-BOB'S STEAKHOUSE**  
 3103 E. Hwy 50  
 Canon City, CO 81212  
 719.275.1433

- Half Portions Available for Lighter Appetites
- Catering Available

Open Mon. - Thurs 11:00 - 8:30  
 Friday - Sun 11:00 to 9:00

**Ready...  
 Set...Go!**

Program Has Worked For Others,  
 and It Can Work For You.




**SpringBridge<sup>SM</sup>**  
 Physical Rehab & Wellness Center

Providing Physical, Occupational,  
 and Speech Therapies, both  
 Inpatient and Outpatient Services.




**OUR TEAM OF NURSES AND  
 THERAPISTS WORK WITH YOU  
 AND YOUR FAMILY TO REACH YOUR  
 GOAL OF RETURNING HOME.**

**Life  
 Care  
 Center  
 of Pueblo**

2118 Chatalet Lane • 564-2000  
[www.lcca.com](http://www.lcca.com)

## Where Are They Now?

by Marshall Jay Kaplan

**Alan Young**  
 The other day, I was in a book store where I noticed a book titled, "Mr. Ed and Me". On the cover was Alan Young as 'Wilbur Post' and 'Ed'. I thought to myself, Where is he now? So...

Alan Young was born in Northern England on November 19, 1919 and moved to Vancouver, B.C. when he was 13 years old. He started to write comedy and eventually had his own radio show, "The Alan Young Show" at age 17, broadcasting from Toronto. Shortly thereafter he moved his radio show to New York and was signed by 20th Century Fox who gave him a contract and brought him out west to Hollywood.



Alan made his film debut in Margie (1946), opposite Jeanne Craine. Although he had the comedic skills and personality, Alan lacked that certain star quality. His time at the studio lasted 4 years. Then television came along.

Returning to the U.S. in 1960, he went to MGM and co-starred in the classic, "The Time Machine." Due to the film's success, he was offered the series, "Mr. Ed" — a concept that captivated him. The show's premise was simple enough, an architect, living alone, has a talking horse, Ed, who would only talk to his owner, Wilbur. The show lasted from 1961 until 1965. Today, it is seen in 27 countries.

It was in this new medium where everything clicked for Alan. In 1950 he was asked to write and perform a pilot for CBS. By 1951, "The Alan Young Show" had won two Emmy awards. TV Guide did a cover story on Alan and hailed him as "the new Chaplin." The show lasted for a total of three seasons, because Alan did not want to renew for a fourth — he wanted another shot at film stardom.

Alan decided to retire from show business at a young age. He took an eight year hiatus, eventually returning to Broadway in 1973. In 1974, Alan started a long-term relationship with Disney, where he is still currently doing cartoon voices.

Alan signed movie contracts with both Paramount and Howard Hughes. He made one picture for each studio — both of them were financial disasters. He reminisces, "You only got two changes in those days. If they thought you had something, they'd try twice, but two strikes and you're out!"

Each year for the past twenty years, Alan makes sure that he is in a stage production, as well as, making a television appearance. When he is not working, you might find him scuba diving off the coast of California, where he currently lives, or making public appearances promoting his book. His words of wisdom on life?

In the late 1950's, he packed up his bags and moved back to England, where he wrote and performed on various television programs. Again, nothing seemed to be clicking.

"Stay in Canada!"

**Senior Beacon**

Senior Beacon serves Pueblo & Fremont Counties and reaches the rest of Southeastern Colorado. It is a monthly newspaper dedicated to inform, serve, educate and entertain the Senior Community in these areas. Subscriptions are available, prepaid with order, at \$19.95 for one 12-month period. Send your order to the mailing list below.

Publication of advertising contained herein does not necessarily constitute endorsement. Signed columns are the opinions of the writers and not necessarily that of the publisher. Senior Beacon is locally owned and operated. Founded in August, 1982.

**MAILING ADDRESS**

Beacon Publishing/Senior Beacon -- website: [www.seniorbeacon.info](http://www.seniorbeacon.info)  
 Mailing Address: P.O. Box 7215 -Pueblo West, CO 81007-0215  
 Ph: 719-647-1300 Fax: 719-647-1305 E-mail: [news@seniorbeacon.info](mailto:news@seniorbeacon.info)  
 Publisher/Sales/Production.....James R. Grasso  
 Sales.... Jan McLaughlin, James R. Grasso  
 Contributing writers.. B. J. Tucker, Universal Press Syndicate,  
 Mature Market Editorial Services, NAPS, Jan McLaughlin

**SUBMISSIONS:** Senior Beacon welcomes reader contributions in the form of senior groups' news, stories, poetry, recipes and happenings. Letter to the Editor must be typed and double spaced, signed with address and phone number submitted. Deadline is the 10th of the month prior to publication.

Copyright© 2008-Beacon Publishing

# Too Close For Comfort?

by Robin Mosey, Gerontologist, C.S.A.; from the Home Instead Senior Care office in Pueblo

It's happening in the White House and in homes throughout Pueblo, Canon City and surrounding areas. When President Obama's mother-in-law, Marian Robinson, settled in with her family in Washington earlier this year, they became part of a growing national trend.

The increasing number of seniors now living under the same roof with at least one other generation is more than just political news. According to a recent survey conducted for the local company Home Instead Senior Care, 43 percent of adult caregivers in the U.S. ages 35 to 62 reside with the parent, stepparent, or older relative for whom they or someone else in their household provides care.<sup>1</sup> The Census Bureau confirms this growing trend: In 2000, 2.3 million<sup>2</sup> older parents were living with their adult children; by contrast, in 2007, that number jumped to 3.6 million<sup>3</sup> – a 55 percent increase.

The challenges that can arise from intergenerational living have prompted Home Instead Senior Care, a company serving Pueblo and Canon City, to launch a public education campaign to help families determine if living together is a good idea and to provide tips on how

to make such an arrangement work well for seniors as well as their family caregivers if they do decide to combine households. This campaign will help adult children begin to address such issues as the stress of caregiving under one roof, adapting a home for two or more generations and merging household finances.

Several factors are driving this trend, according to Robin Mosey, owner of the Home Instead Senior Care franchise in Pueblo. "We see families coming together to share family caregiving duties for economic reasons and emotional support. Sometimes the seniors need care, but in other instances the older adults could be providing care to their own grandchildren. Seniors may feel they need the emotional support of an extended family and, in these difficult economic times, financial assistance. Regardless of the reasons, combining households is a big decision. Some families may decide that maintaining separate residences is the best alternative."

At the center of the campaign is a handbook, available free from the local Home Instead Senior Care, which addresses the emotional, financial, and comfort and safety aspects of intergenerational living.

The handbook was compiled

with the assistance of three national experts: Matthew Kaplan Ph.D., Penn State Intergenerational Programs extension specialist; Adriane Berg, CEO of Generation Bold and a consultant on reaching boomers and seniors; and Dan

Bawden, founder of the CAPS (Certified Aging in Place Specialists) program for the National Association of Home Builders (NAHB). A Web site [www.makewayformom.com](http://www.makewayformom.com) provides additional support and information, including a calculator that will help families compute and compare whether living together or maintaining separate residences is the best financial option. In addition, the Web site features a virtual tour of an intergenerational home where visitors can hear from a real family and see firsthand how they've adapted their home.

Penn State's Matt Kaplan said that families should approach decisions of combining households from a partnership perspective. "Ask yourself, 'Can I get the whole family behind the idea?' When a decision is made to combine families, expectations must be set right away. Family members must listen and become engaged in conversation. The more the entire family buys in at the beginning, the more likely they will be to come up with

great ideas," he noted.

"People need independence, but seeking interdependence and family unity are important as well, particularly in today's hectic and demanding world."

1. Survey Methodology: The Boomer Project ([www.boomerproject.com](http://www.boomerproject.com)) completed online interviews with 1,279 U.S. adult caregivers, ages 35-62, with a parent, stepparent or older relative for whom they or someone in their household provides care. Of the 1,279 family caregivers interviewed, 548 live with the senior receiving care.

For more information about Home Instead Senior Care's campaign including additional research results and an executive summary, log on to [www.makewayformom.com](http://www.makewayformom.com). For interviews with local seniors and their adult children, and copies of the free "Too Close for Comfort?" handbook, contact Robin Mosey at (719)545-0293.

**Emotional Issues:** Challenges or Rewards?

Intergenerational living seems to generate positive feelings of care and accomplishment combined with stress. That's what recent Home Instead Senior Care research indicates. Consider this:

SEE "COMFORT" PAGE 16.

## Trusted Care for the Senior You Care for.



Companionship  
Home Helper  
Meal Preparation  
Medication Reminders

Light Housekeeping  
Shopping & Errands  
Hourly, Sleepover & 24 Hour  
Bonded & Insured CAREGivers

Call for a free,  
no-obligation appointment:

Pueblo/Canon City  
719-545-0293



With a little help  
from a friend.

Each Home Instead Senior Care franchise office is independently owned and operated.

[homeinstead.com](http://homeinstead.com)

## On Your Toes!!



by Benjamin Marble, DPM, Pueblo Ankle & Foot Care

### SMELL THE FLOWERS, BUT DON'T IGNORE HEEL PAIN

As the days of spring grow longer, many people use the additional hours of sunlight to go walking. It's an opportunity to exercise and enjoy the neighbors' gardens at the same time. But the combination of extra weight gained during the winter and unsupportive shoes often leads to plantar fasciitis, also known as heel pain or heel spur syndrome.

Many people experience this pain with their first steps in the morning. Often it subsides, but can return later in the day if you spend a lot of time on your

feet. The pain may be caused by inflammation of the plantar fascia, a band of tissue that extends from your heel bone and across your arch to the ball of your foot.

You can take a few basic measures to ease the pain, including doing exercises to stretch the Achilles tendon and calf muscles, applying an ice pack to the affected area for a few minutes several times a day, using over-the-counter anti-inflammatory medicines, protecting your feet by not going barefoot on hard surfaces, and wearing shoes with good arch support.

If you don't get relief from these at-home remedies, you may need some one on one time with your local foot and ankle specialist. There may be another cause of your pain which may require additional or different treatment. With a thorough diagnostic examination, we can determine what's causing the pain and suggest the best course of treatment for you.

Benjamin Marble, DPM is a member of the American College of Foot and Ankle Surgeons and board qualified in foot and ankle surgery. Dr. Marble practices with Dr. Schneider at 1619 N. Greenwood Street ste #300 across from Parkview Medical Center. Their phone number is 719-543-2476 and Web site is [www.puebloankleandfoot.com](http://www.puebloankleandfoot.com)

## Simplify your move

### We understand the challenges of moving.

- Drug Free Work Environment
- Trained Movers in Uniform
- Packing and Unpacking Services
- Fully Insured & Bonded
- Interstate Moves

Have questions or need moving tips? Just give us a call.

719-543-9000

[www.twomenandatruck.com](http://www.twomenandatruck.com)



**TWO MEN AND A TRUCK**  
"Movers Who Care"

4029 Club Manor Drive Pueblo, CO 81008



Each franchise is independently owned and operated

PUC # 53864 DOT # 997991

WANT TO VENT ON  
MOST ANY SUBJECT?  
[www.seniorbeacon.info](http://www.seniorbeacon.info)  
Click Blog With Us!



### SENIOR GUESTS

- These feature smaller portions
- Country Fried Steak..... \$6.39
  - 1/4 lb Senior Cheeseburger..... \$5.49
- All Dinners Served With Your Choice of soup or salad!
- Country Fried Steak..... \$6.49
  - Liver & Onions..... \$6.49
  - Pork Chop Dinner..... \$6.49
  - Chopped Steak Dinner.... \$6.49
  - Roast Turkey Dinner..... \$6.49
  - Cod Dinner..... \$6.49
  - Roast Beef Dinner..... \$6.49
  - Chicken Breast Dinner.... \$6.49

### TWO SENIOR DINNERS Just \$10.99

present ad - expires:5/30/09

4137 N. Elizabeth St.  
Pueblo, CO - 545-3179

## Pueblo Senior Safety Triad

Safety for seniors is our goal

- Information & Referral
- Senior Resource Directory
- Senior Safety Kits
- Senior Advocates
- Provides Educational Programs
- Assists Senior Victims & Seniors At Risk
- Promotes Safety To Reduce Fear Of Crime

## Senior Helpline

583-6611

# Traveling: There's Nothing Like A Holiday!

## A Day In The World's Best Gym, Reykjavik, Iceland

by Elliott Hester

Recently, a friend posed an interesting question: "Where is the world's best gym?" Having pumped up my pectorals in pristine Swedish health clubs, rustic Dominican weight rooms, high-tech Singaporean fitness centers and a wide range of workout facilities in some 70 countries and 25 states, the answer came without hesitation.

The world's best gym is in Reykjavik, Iceland.

This is my personal opinion, of course. I did not consult a panel of international fitness gurus. Bodybuilders and professional athletes were not asked for their endorsements. But of all the gyms in which I've groaned and grunted throughout 27 years of traveling, Iceland's World Class Gym and Laugar Spa is in a class by itself.

Upon entering the cavernous, high-tech fitness center, I felt like James Bond crossing the threshold of a top-secret weapons facility. I stared into the obligatory retinal scan, let the red beam glide across one wide-open eye, and was

cleared for a day of muscular enhancement and pampering.

The gym boasts enough workout equipment to make a personal trainer cry out in astonishment. Neatly positioned around the main floor -- and on the sprawling second-floor balcony -- are countless LifeFitness machines designed to work virtually every muscle in the human body.

The section dedicated for leg workouts is larger than many gyms. The racks of dumbbells seemed to go on forever. And more than 100 treadmills, elliptical machines and exercise bikes are lined in front of floor-to-ceiling windows that look out to Laugardalslaug, the largest thermal pool in Reykjavik.

Although it was the middle of summer and a chilly 40 degrees outside, several swimsuit-clad Icelanders were tumbling down the waterslide and splashing into Laugardalslaug's geothermically heated water. In spite of a desire to participate in local customs, I neglected to join them.

I couldn't (and still can't) under-

stand how Reykjavik, with a population of slightly more than 100,000, could support such an enormous fitness center. If every treadmill, exercise bike, workout station and dumbbell were to be used simultaneously, perhaps 300 people could work out without feeling crowded.

During my workout, I saw maybe 30 souls. It's a perfect situation for gym rats who like to have the floor to themselves.

Before visiting World Class, I'd never spent more than 30 minutes on a treadmill. But because I was able to don earphones and watch an uninterrupted showing of "Star Wars: Attack of the Clones" on one of several overhead monitors, I jogged nonstop for 90 minutes. (OK, so I walked during long stretches of the film. But I did jog more than usual.)

After an hour of weight training, I limped downstairs to the Laugar Spa. The luxury health spa is a bastion of relaxation. It's also a great place to snooze after a workout.

Inside the dark marble maze of Laugar, past the beauty and massage clinic, beyond the hot tub and numerous foot soaking tubs, I came upon seven different saunas. Each has its own unique theme. One steamy sauna features creature noises that make you feel as though you're thousands of miles away in the Amazon jungle. In another, I saw twinkling stars above.

Wearing a fluffy white robe, compliments of the spa, I strolled from one empty sauna to the next, until settling into a cinnamon-scented sauna. Lost in steamy clouds, I morphed into a soggy cinnamon bun.

After leaving the sauna, light-headed and relaxed, I came upon an interesting shower stall. I pushed one button



World Class Gym and Laugar Spa in Reykjavik, Iceland, boasts one of the world's largest and best-equipped fitness centers. The spa is located below the gym. photo: World Class Gym and Laugar Spa

and activated an ice-cold cloud burst that left me shivering. Another button relieved the pain by drenching me in warm, misty drizzle.

Finally, I entered a dark room where several leather recliners were positioned around a blazing fire. Again, the room was devoid of people. So I sank into one of the recliners and drifted off to sleep.

Perhaps two hours later I was awakened by loud, disruptive snoring. A lithe, middle-aged Icelandic man, two seats to my left, was sawing logs like you would not believe.

Like me, he'd no doubt had a great workout. Like him, I'd been snoring like a beast.

### If You Go

World Class Gym and Laugar Spa is located at Sundlaugarvegur 30a-104 Reykjavik, Iceland, telephone 011-354-553-0000. For more information, visit [www.laugar.com](http://www.laugar.com). Spa treatments include a 75-minute salt massage (about \$95) and a 60-minute luxury facial (about \$80).

**\$2.00 Off**  
any Purchase of \$5.00  
or more. One coupon  
per order please.  
Exp 5-31-09



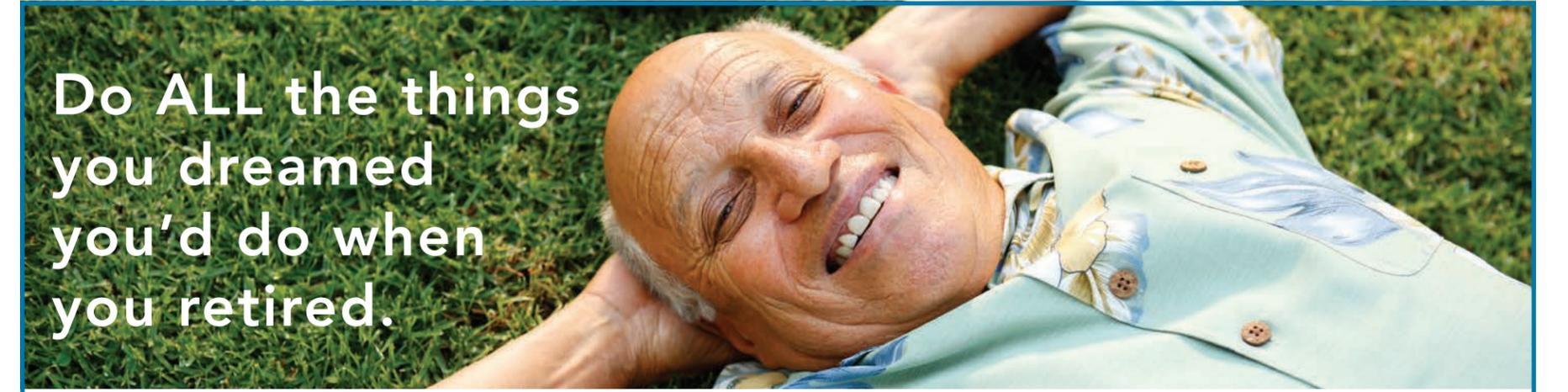
**1520 ROYAL GORGE BLVD 276-5348**

Lattes –Frappes–Smoothies  
Fresh Baked Goods  
Breakfast Burritos  
Homemade Soup  
Sandwiches  
Salads & More!

Cannot combine w/ other offers!

With ad only!

Cañon City's Premier Facility to Celebrate any Occasion!



Do ALL the things you dreamed you'd do when you retired.

Live life to the fullest—stay healthy and simplify your medical coverage. **How?** With Kaiser Permanente Senior Advantage—now available in El Paso, Teller, Fremont, and Pueblo counties.

Deciding your health care coverage affects your health and the quality of your life. Choose a health care partner that considers your total well-being. **Our Senior Advantage Plans are designed to keep things simple. So you get the coverage you need and the support you want to live a happier, healthier retirement.**

And when you choose Kaiser Permanente Senior Advantage, you choose the top-ranked Medicare plan in Colorado, according to a joint ranking by *U.S. News & World Report* and the National Committee for Quality Assurance (NCQA), as published in the November 17–24, 2008 edition of *America's Best Health Plans 2008–09\**.

Think about your total health coverage and request a free, no-obligation information kit today. Call us toll free at **1-877-811-0023, TTY 1-888-758-6054**, 7 days a week from 8 a.m. to 8 p.m., or go to **kp.org**.

If you now get health coverage through an employer, this plan is different. Please talk to your HR benefits administrator before you apply. Kaiser Permanente is a Medicare Advantage organization with a Medicare contract that is renewed annually. Coverage beyond the end of the contract year is not guaranteed.

\*America's Best Health Plans is a trademark of *U.S. News & World Report*.



**KAISER PERMANENTE®**  
Senior Advantage

H0630\_091025C (03/2009)

# Parsley, Sage, Rosemary..... And Pretty Too!

by Marty Ross

Fresh herbs are easy to grow and they don't demand a special garden or bed of their own. You can slip a few basil plants among the roses, edge the front of a summer flower bed with parsley, or let dill and fennel grow tall among the zinnias in a cutting garden.

Most herbs are rather luxuriant plants that look right at home in the sun among a cottage garden's tumble of flowers. But they also soften the sharp edges of a neatly clipped formal garden.

They look businesslike and productive in rows in a vegetable garden, but they're pretty enough for a window box or a pot on the front porch. You may want to try them in several spots so you'll have all you need for the kitchen and still have plenty to enjoy outdoors.

"Herb gardening promotes the collector's personality," says Susan Applegate Hurst, a garden editor at Better Homes and Gardens magazine. "If you have a tendency toward obsessive behavior," she says, "you'll love growing

herbs."

Applegate Hurst lives in Des Moines, Iowa, but she started growing herbs years ago while living in Texas. Herbs thrived through the heat and humidity of Gulf Coast summers, she says, and armadillos and other unwelcome garden pests left them alone.

Now she grows all kinds of herbs in her garden in Des Moines: basil in the front yard, mint in shallow pots in a partly shady place, chervil in a bed among bright yellow and orange calendulas, and lavender and sage right next to the patio, where she can enjoy their fragrance even when she's not cooking.

Interest in homegrown herbs is growing among gardeners everywhere.

"It's all about food this year," says Renee Shepherd, owner of the mail-order herb and vegetable specialty company Renee's Garden. "Culinary herbs -- all the ones you use and enjoy in the kitchen -- they're hot," she says.

Sales of vegetable and herb seeds and plants are up 30 percent at Burpee. A

new survey by the National Gardening Association shows that 43 million U.S. households plan to grow some of their own parsley, thyme, strawberries, tomatoes, beans, peppers or other crops this summer.

Challenging economic circumstances appear to have raised awareness of the value of homegrown crops. A package of basil seeds costs less than \$3. You can sow the seeds right in the garden and your investment returns a flavorful profit all summer long. At a grocery store, a small plastic bag of fresh basil leaves, enough for a day or two, costs \$3 to \$5.

Herbs also play an important role in healthy gardening, Shepherd says. "They're not just pretty, they attract beneficial insects," she says. "Herb gardens attract butterflies, hummingbirds and all kinds of pollinators."

Shepherd has been gardening and promoting homegrown herbs, vegetables and flowers for 24 years. She still gives solid advice to novices, and she hasn't lost a bit of her enthusiasm.

"I happen to be crazy about garlic chives," she says, "and I grow tons and tons of Italian parsley."

Garlic chives have grassy green leaves and grow in a pretty clump to about a foot tall. Their white flowers rise above the foliage in early summer. Shepherd tosses the flowers in salads, and clips the leaves for salads and seasoning. The "Italian Gigante" parsley she favors has especially large leaves -- just the thing for pure parsley salads with Parmesan cheese shavings, she says.

Shepherd, who lives in California, considers lemon basil essential in her summer herb garden, along with cilantro, oregano, dill, sage and bronze fennel, which is grown for its ferny, anise-flavored foliage.

Applegate Hurst makes room for pots full of rosemary in her garden and in her recipes (including oatmeal cookies). She extols the virtues of fresh chervil, an under-appreciated and easy-to-grow herb that butterflies love and that tastes deli-



cious with eggs and in salads.

"When you buy it dried, it tastes like grass clippings," she says. "If you grow it and use it fresh, you get this wonderful anise-and-parsley taste. Right away, you'll understand why the French cook with it."

Flowers of any kind brighten up the normal lush silvery-green palette of an herb garden. The calendulas Applegate Hurst grows are also good in salads, and she even uses the leaves to make herb butter.

Nasturtiums, roses, violas and marigolds are all edible. Nibble all you like: Pinching herbs promotes growth, and once you start using fresh herbs, you'll want to give them plenty of encouragement.

## SOURCES

-- Bay (*Lauris nobilis*) is the Herb Society of America's herb of the year for 2009. You can learn more about bay and many other herbs on the society's Web site at [www.herbsociety.org](http://www.herbsociety.org).

-- Renee's Garden, [www.renees-garden.com](http://www.renees-garden.com), sells herb seeds of all kinds and offers collections of basil, plans for kitchen gardens, and special herbs for containers. A new seed-grown lavender is among the company's 2009 introductions.

-- Burpee, [www.burpee.com](http://www.burpee.com), sells herb plants and seeds, and a design (with seeds) for an herb garden in sun or shade.

-- Bonnie Plants, [www.bonnieplants.com](http://www.bonnieplants.com), sells herb plants that are up and growing in peat pots that can be planted directly in the garden. They are available at garden shops across the country.

**MOUNTAIN VISTA RECOVERY AND REHAB UNIT:**  
*Rehabilitation with a view*

[www.lcca.com](http://www.lcca.com)

**COME & SEE WHAT WE OFFER:**

- All new furniture
- Flat screen TV's
- Cable TV & Phones
- Outpatient Therapy
- Inpatient Therapy
- IV Therapy
- Wound Care
- Pain Management
- Transitional Living Apartment
- Individual Climate Controls
- Private Dining Room
- Beauty Parlor
- Ice Cream Parlor

**University Park CARE CENTER**  
945 DESERT FLOWER BLVD.  
719-545-5321  
CENTER OF REHAB EXCELLENCE!

**Mattresses**

Queen Mattress Special  
**\$289.00**

Available 2-Sided Mattresses!

**The Bargain Barn**  
"Your Home Town Discount Center"  
Open 10:30 am - 5:00 pm 7 days a week!  
2245 Fremont Dr. • Cañon City, CO 269-3596

**Senior Homecare By Angels®**  
Select Your Caregiver®

- Up to 24 Hour Care
- Meal Preparation
- Hygiene Assistance
- Light Housekeeping
- Transportation
- Weekends/Holidays
- Day/Night Live-In
- Most Insurance Accepted
- Licensed, Bonded and Insured

Pueblo 719-543-4220  
Canon City 719-276-2020

America's Choice in Homecare.  
**Visiting Angels®**  
LIVING ASSISTANCE SERVICES

418 W. 12th St. Pueblo, CO 81003  
[www.visitingangels.com/pueblo](http://www.visitingangels.com/pueblo)

BBB MEMBER

Listen to the Senior Living Today show on 590 KCSJ Saturday and Sunday.

# Paradise Found: Transplanting Tropical Chic

by Bill Lahay

For anyone who's lived through a winter or two in any of the Northern states, the decision by French painter Paul Gauguin to hitch a one-way ride to Tahiti in the 1890s must seem perfectly sensible. There's plenty of fresh fruit, nobody wears much clothing, and the beaches and landscapes are often stunning.

And, of course, there are those temperatures. The water is warm. The air is warm. Say it with me: waaaaarrmmmm.

For Gauguin and other Europeans who ventured to the tropics, however, the balmy climate was just one part of the package. Vibrant colors, exotic plants and intriguing peoples occupied the French painter and other artists, while Spanish, Dutch and English colonialists went seeking gold, trade opportunities or converts to Christianity.

Whatever their reasons for being there, all saw architectural and decor styles much different from what they were used to at home.

Tropical homes were comparatively light and airy and often built in modules that could be moved readily or perched on stilts in coastal areas. Trees provided nearly all the materials, from dense structural lumber to vines, leaves and thatch for roofing. Stone made a rare appearance, typically not in simple family homes but in large public buildings such as temples or ceremonial houses.

Those tropical styles, and the modern interpretations that evolved from them, are featured lavishly in the 400 pages and 500 color photographs of "Ultimate Tropical" by author and photographer Luca Invernizzi Tettoni (\$65, Rizzoli International Publications Inc.). The book profiles not only the varied historical origins of tropical building styles, but many recent examples of contemporary homes in the Asian tropics, the South Pacific and other locales.

Though he doesn't dwell at length on historical issues, Tettoni acknowledges that the European response to tropical traditions was rarely respectful. Wealthy merchants and other affluent transplants had a

habit of building Western-style mansions in designs familiar to them. Any regional touches appeared mostly because locally available natural materials made their way into the structure.

As with virtually all colonial exploits, the intersecting cultures blurred at the edges and began to assimilate bits and pieces of each other. The result, Tettoni maintains, was that a regional architecture once "exotic and diverse" lost ground to a homogenizing Western influence.

It wasn't that European-style buildings dominated regional ones as much as that they outlived them.

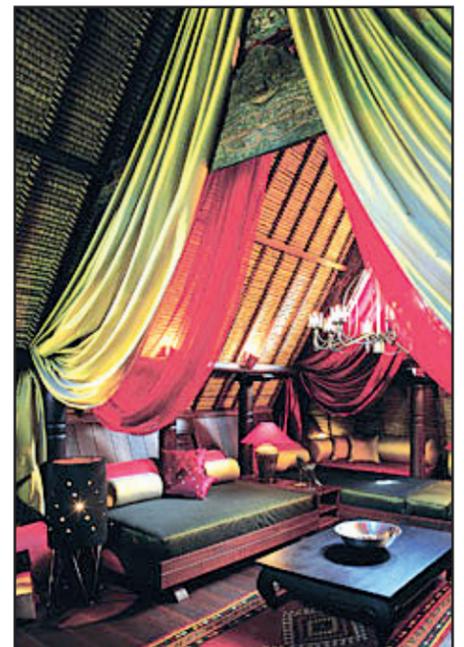
"The very nature of tropical buildings makes them easily perishable," Tettoni says, because of the normal decay of natural, organic materials. Still, renewed interest in tropical styles has produced a resurgence of native architecture, a movement he calls "heritage living."

Somewhere in that renaissance there is cause for celebration, but for sun-lovers in temperate regions, this is cold comfort, indeed. It's nice to know that diverse and indigenous architectural styles may survive the onslaught of globalization, but when the local mercury at home is stuck in or near the single digits, who wants to remove their mittens to applaud a comeback in the coconut groves?

Well, you can't transplant the warm December temperatures or the ocean views to Minnesota, but "Ultimate Tropical" offers no shortage of inspiration or examples to anyone who might want to bring some tropical chic home to their shores. What the hundreds of photographs make apparent visually, the text obligingly deciphers.

Turns out that Ming Dynasty furnishings have a minimalist look that is decidedly contemporary, and that borrowing key elements of tropical design can help you create a convincing replica for a room or an entire house.

-- First, the woods. Mahogany, teak and other dark-reddish or brown



Dark wood furniture, a precisely woven reed mat ceiling and brightly colored silk drapes create a fine example of "heritage living" -- the use of traditional exotic decor in a modern tropical home. photo: c. Luca Invernizzi Tettoni

woods are a signature component. Many furniture pieces are elaborately carved with stylized leaf patterns or other organic motifs.

If you can't find or afford the genuine article, passable examples are as close as Pier 1 Imports, and red or gold spray paint -- unevenly applied -- is a simple and authentic-looking treatment for flea market finds.

-- Live tropical indoor plants are another inexpensive and simple feature to introduce an exotic look. Bamboo -- live or harvested -- lends a distinctly Asian tropical flavor, and coconut palm plants or leaves help create an authentic island look.

-- Old frame-and-panel wood doors can be tweaked toward tropical chic by replacing the center panels with glass inserts.

-- Take a look at textiles. Mats woven from natural cane or reeds, brightly colored tapestries or batik fabrics can hang on walls. Or give grass-mat wallpapers a try.

-- A timber-pole four-poster bed with sweeping drapes or canopy evokes the mystique of a rustic beachfront cottage. A sheer fabric surround conjures even more authenticity without inviting the bugs you'd need to fend off in the real tropics.

-- Color schemes of reds, oranges, yellows and golds can warm an interior even when snowdrifts are piling up outside. Punch up the color intensity, especially the reds, if you want more of an Asian flavor.

Granted, these decorating fixes aren't a substitute for actually sitting on a warm beach and listening to the surf with rustling palm leaves massaging your eardrums. That said, you can stay inspired to travel there occasionally and, in the meantime, keep a little slice of paradise in your sights while you're home.

Don't forget to turn up the thermostat.

**Assisted Living At Its Best!**

*The Legacy Commons*

170 Dacona Drive, Pueblo West, CO 81007  
719-547-2538

**THE ASHWOOD APARTMENTS**  
FOR SENIORS (55 & OLDER)  
1400 Block of East 21<sup>st</sup> Street  
Pueblo, Colorado

**Newly Constructed Affordable One Bedroom Apartments**

*Large one-bedroom apartments uniquely designed for senior living. Rents vary depending on income and eligibility. Amenities include: water and trash paid, individual washer & dryer hook-ups, on-site laundry facility, dishwashers, fully carpeted, energy saving hot water system, off-street parking and professionally managed and maintained.*

*(Rents range from \$332.00 to \$534.00)*

*Applications taken by appointment only.*  
For information contact: Mary Markley, Property Manager  
719-586-8986 or 719-586-8985

*Did you know...*

**THERE'S NEVER BEEN A BETTER TIME TO GO FACTORY DIRECT THAN TODAY!**

*At...*

**DigiCare® Hearing Research & Rehabilitation**  
6685 Hwy 165 @ I-25, Colorado City, CO 81019  
"Just 20 minutes south of downtown Pueblo"

**Call Today! (719) 676-3277**

**FREE Hearing Evaluation!**

**FREE Video Otoscopy Exam!**

**FREE Digital Speech Mapping!**

**FREE Digital Open-Ear Demo!**

**FREE Tinnitus Assessment!**

**Low Factory Direct Prices!**

**Generous Trade-in Credit!**

**EZY FINANCING OAC!**

**"Let us repair & refurbish your hearing aid to factory quality!"**



# SENIOR SAFETY

Pueblo Police Dept. - 549-1200 • Pueblo County Sheriff's Dept. - 583-6125  
 Fremont County Sheriff's Dept. - 275-2000 • Canon City Police Dept. - 269-9000



## Don't Be Fooled By Fake Sweepstakes; Other News

by Katie Carroll - BBB

Your Better Business Bureau is warning the public to beware of letters supposedly from Publishers Clearing House. The letters claim the recipient has won \$1 million. Despite the fact that the letter looks official (see attached), this is a widespread scam that is seeing a sudden resurgence across the country.

occurring in response to the fact that the actual Publishers Clearing House recently awarded a New Jersey woman \$5,000 a week for the rest of her life. Just like using sound alike names to lure victims, scammers use recent, publicized events such as this because it's on the top of people's minds.

Here's how this scam works. The victim receives a letter supposedly from Publishers Clearing House claiming they have won \$1 million as a result of a drawing sponsored by Reader's Digest Magazine. The letter is accompanied by a check for as much as \$5,900 with instructions to call the Publishers Clearing House representative listed in the letter. By phone, the victims are told that, in order to receive their prize, they must cash the check and then wire approximately \$4,000 to Publishers Clearing House. They are told the rest of their winnings will be sent to them, but of course, the check is fraudulent and any money wired to the scammers cannot be recovered.

Since early March, the BBB's national office has received reports about the Publishers Clearing House scam

**The fine folks at Thornton Wheelchairs Plus Are Proud To Sponsor the Senior Safety Page for all the loyal readers of Senior Beacon. Enjoy this month's page. As their ad says below, Rick Roth and his staff have everything you need for your healthful durable goods and more. Give them a call or stop by their establishment!**

**Belmont Lodge Health Care Center**  
*Still the best choice for post-hospital rehab*

- 24-hour skilled nursing care
- In-house physical, occupational and speech therapies
- Open visiting hours
- Outpatient Therapy
- Transportation services
- Free Cable TV Service
- In-house beauty/barber shop

*Our rehab unit features private rooms with Cable TV and phone.*  
 We invite you to visit our facility and see the difference!

**Belmont Lodge Health Care Center**  
 (next to East High)  
 1601 Constitution Rd.  
 562-7200

**564-5333**  
 1951 Lake Ave.  
 Pueblo, CO 81004

*"Medicare Approved If Qualified"*

We Accept Major Credit Cards

**10% CASH Off Your Purchase Scooters, Lift Chairs Power Chairs**

**ALSO:**

- Adult Incontinent Briefs
- Underpads/Linen Savers
- Adult Nutritional Formulas (Boost/Ensure)
- Egg Crates For Mattress Comfort
- Wound Care
- Basic Moisture Barriers
- Auto & Stairway Lifts
- Wheelchairs
- Walkers
- Bathroom Safety Equipment
- Diabetic Socks

**564-5333**  
 1951 Lake Ave  
 Pueblo, CO 81004  
 "Our Service Department Is Without Peer!"  
 Expires: 7/15/09

from 19 states including California, Georgia, Hawaii, Illinois, Indiana, Kentucky, Louisiana, Maine, Michigan, Missouri, New Jersey, Ohio, Pennsylvania, Texas, Utah, Virginia, Washington, West Virginia and Wisconsin. Not only are letters popping up in mailboxes, but some people report receiving phone calls from scammers pretending to be with Publishers Clearing House.



protect investors. He focuses on the traditionally underinvested groups of America including young adults, women, Native Americans, seniors, and members of the U.S. Military. Mr. Gannon can be reached at [john.gannon@finra.org](mailto:john.gannon@finra.org).

**BBB ADVICE ON HOW TO STAND OUT FROM THE CROWD AT A JOB FAIR**

With unem-

employment rates in the double digits in some states, thousands of people are working diligently to get back into the workforce. Competition is fierce and your Better Business Bureau is offering the following advice on how job hunters can prepare and present themselves as the best candidate at job fairs:

Research companies first. In some cases, only one employer is holding a job fair, making research easy. For larger job fairs with multiple employers, job hunters should be able to find a list of companies slated to attend at the host's Web site. This allows the job seeker to begin researching the companies they want to target beforehand. Information garnered in this process will help candidates develop intelligent, tailored pitches for the employers they want to meet.

Take plenty of resumes. Job hunters should prepare customized resumes for their target businesses, and should bring copies of their standard resume to pass along to other employers.

Develop an elevator pitch. An elevator pitch is a verbal description of who you are, what your skill set is, and how you can benefit the business. The pitch must be brief and conversational, yet well-rehearsed.

Dress and act the part. Putting your best foot forward at a job fair means "looking the part" by wearing professional clothes, such as a suit. Remove unusual piercings and cover tattoos.

Be confident. While a day at a job fair can be exhausting, it's important to always act confident and enthusiastic. Stay positive.

Don't become a victim. While instances of scammers setting up shop at a job fair are rare, job hunters should never pay an upfront fee to any potential employer at a job fair, nor should they give any personal information such as bank account or Social Security numbers until they have researched the company fully outside of the fair.

For more advice on finding a job, as well as guidance from BBB on avoiding fraud while on the hunt, go to [www.bbb.org](http://www.bbb.org)

**SAFE CONFERENCE (SAFE AGING FOR EVERYONE)**  
**When:** May 14, 2009, 8 a.m. – 3 p.m.  
**Where:** First Presbyterian Church, 219 E. Bijou (enter off Weber)  
**Who:** A program of the Senior Resource Council  
**Why:** An informative, free, one-day conference for seniors offering information on home safety, legal safety, financial safety and medical safety and will feature a variety of experts from the Pikes Peak Region.

This conference is celebrating its 12th anniversary. It has now become a trusted resource in the United States that is recognized by the Attorney General of the United States.

The keynote speaker this year will be John Gannon, senior vice president for Investor Education at the Financial Industry Regulatory Authority (FINRA).

Colorado Springs Police Chief Richard Myers will address the conference during the luncheon hour.

To register: Call 719-884-6188  
 More: Senior Resource Council, 719-260-0744 for more information.

A little more about our speaker: John Gannon is responsible for the development of operations of FINRA's Investor Education Program. He serves as the President of the FINRA Investor Education Foundation where he manages the Foundation's grant making and program efforts to educate and

**Blog With Us!**  
 Go to:  
[www.seniorbeacon.info](http://www.seniorbeacon.info)  
 click on the "Blog With Us" icon and  
 speak your mind!  
 Join us in our new  
 adventure on our way to  
 giving you the best in  
 informational services!

# ALL SEASONS DESSERTS

by Sally Schneider

April/May are transition months for desserts. Although there's a clear feeling of spring in the air, there's little in the way of truly seasonal fruit with which to make tarts, mousses or other sweets. Strawberries won't appear until May, and fall fruits like apples and pears seem out of place.

Chocolate pudding is always appreciated by both children and adults. (It is a guaranteed hit at dinner parties.) I make chocolate pudding with both semisweet chocolate and cocoa powder, fortified by vanilla, for intense chocolate flavor.

Malted milk powder builds in an additional layer of richness and surprise; the pudding tastes like a malted milk ball. Leave out the malted milk and you have an essential chocolate pudding that can be flavored in endless ways -- with ground Mexican cinnamon or black pepper, with orange or tangerine zest, lavender, a few drops of cognac, Grand Marnier or Kahlua.

Although panna cotta is Italian for "cooked cream," it is really a cream barely thickened with gelatin until it sets into a rich custard. This one, made with heavy and sour cream, has the slightly tart, intense cream flavor of creme fraiche. It

is astonishingly rich, silky and luxurious and can be made in advance.

By some magical chemistry, grinding a whole lemon in a food processor with sugar, a pinch of salt and oil produces a thick, light, intensely flavored "jam." I layer it with vanilla ice cream into tall, narrow glasses to make adult parfaits. The lemon jam can also be mixed with creme fraiche or whipped cream to make an ethereal, mousse-like filling for plain cakes and butter cookies.

This pudding can be made up to three days ahead; cover and refrigerate until ready to serve.

**CHOCOLATE MALTED PUDDING**  
4 cups whole or 2 percent fat milk  
4 tablespoons cornstarch  
1 cup malted milk powder  
4 tablespoons cocoa powder  
1/4 teaspoon salt  
2 ounces (2 squares) unsweetened chocolate, coarsely chopped  
6 tablespoons sugar  
1 teaspoon vanilla extract

In a small bowl, blend 1/2 cup milk with the cornstarch and set aside. Add the malted milk powder, the cocoa and salt to a small, heavy saucepan; slowly whisk in the remaining 3 1/2 cups

milk, the chocolate and the sugar. Heat over a medium flame, stirring occasionally, until chocolate is melted.

Whisk in the cornstarch mixture. Cook, stirring frequently, over a very low flame about 10 minutes, until very thick and just beginning to boil. Remove from heat and stir in vanilla extract. Cool, stirring occasionally, until the custard is warm. Pour into individual 1/2-cup custard cups or small bowls. Cover with plastic wrap and refrigerate until chilled and firm.

Makes 8 servings.

**SOUR CREAM PANNA COTTA**

1 cup whole milk  
1 (1/4-ounce) packet unflavored gelatin (2 3/8 teaspoons)  
1 cup heavy cream  
1/2 cup sugar  
Pinch of salt  
2 cups sour cream

Pour 1/4 cup milk into a small bowl, sprinkle evenly with the gelatin and let stand 10 minutes to soften.

Meanwhile, in a medium, heavy saucepan, combine the remaining 3/4 cup milk, cream, sugar and salt; bring to a simmer over medium heat, stirring until the sugar is dissolved. Remove from the heat and whisk in the gelatin mixture until dissolved. Transfer to a medium bowl and cool 15 minutes. Whisk in the sour cream.

Spoon the mixture into 8 (4-ounce) ramekins; chill several hours or overnight. Serve as is or unmold by run-

ning a warm knife around the edges of each and inverting onto a plate.

Serves 8.

If the jam becomes too thick upon sitting, beat in a few teaspoons of water or heavy cream to thin slightly.

**LEMON PARFAITS**

2 large lemons, preferably thin-skinned, 4 to 5 ounces each

1/2 cup sugar, or to taste

Pinch kosher salt

3 tablespoons canola, grapeseed or almond oil, or more to taste

1 pint vanilla ice cream, slightly softened

Cut the tough ends off the lemons and discard. Cut each lemon lengthwise into 8ths, removing the pits as you go; cut each slice in half crosswise.

Transfer to a food processor and add the sugar and salt. Process to a coarse puree. With the motor running, drizzle in the oil until the mixture is creamy and you have a thick "jam." Transfer to a bowl, cover and refrigerate until ready to assemble the parfaits, up to a four hours ahead.

Just before serving, spoon about a tablespoon of lemon jam into each of four tall, narrow glasses; top each with about 2 tablespoons of ice cream, then another tablespoon of the jam, alternating ice cream and jam until you've used all of them; the top layer should be ice cream. (Don't worry of the parfaits begin to melt a little; they are better that way.) Serve at once.

Serves 4.

## ARGUS ALERT

- Complete care - from simple med-minders to full-emergency response
- Trained operators standing by 24-hours/day - talk to a real person whenever you need help
- Daily wellness check-in available for peace of mind

Call John Dagnillo for more information.

719-543-2634

In Pueblo: 807 W. 4th St.

In Cañon City: 121 S. 5th St.

From the local team you already know and trust -  
Argus Home Care & Argus Home Health!



## Probiotic Powerhouse

(NAPSI)-Beneficial bacteria, known as probiotics, naturally live in our digestive tract, but they need regular replenishing. This dynamic community of microorganisms is disrupted by antibiotics, stress, alcohol, smoking, pollution and simply growing older. Fortunately, it's possible to achieve the optimal balance you need for digestive and immune health, simply by eating a cup of organic yogurt.

All organic yogurts include the starter cultures *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Meanwhile, Stonyfield Farm adds four additional cultures, including the premium probiotic culture *Lactobacillus rhamnosus*, to create a probiotic powerhouse in each cup.

"This unique blend has been clinically proven to enhance infection resistance, reduce intestinal discomfort, improve lactose tolerance and create a barrier effect against pathogenic bacteria in the intestinal tract," explains Vicki Koenig, MS, RD, CDN.

To learn more, visit the Web site at [www.stonyfield.com](http://www.stonyfield.com).

## SRDA MONTHLY MENU Call SRDA at 545-8900 for congregate meal site and Meals-On-Wheels Info!

**MAY 1:** Stuffed Bell Pepper, Peas & Onions, Two Bean Salad, Wheat Bread/Margarine, Pear Blueberry Dessert.

**MAY 4:** Hot Roast Beef Sandwich, Harvard Beets, Tropical Fruit Salad, Oatmeal Cookie, Wheat Bread/Margarine.

**MAY 5:** Roast Turkey Sandwich, Mashed Potatoes, Broccoli, Wheat Bread/Marg., Cranberry Orange Mold.

**MAY 6:** Tuna Noodle Casserole, Green Beans, Waldorf Salad, Wheat Bread/Margarine, Spice Cake.

**MAY 7:** Enchilada Casserole, Peas, Mexican Cole Slaw, Wheat Bread/Marg., Applesauce, 100 Calorie Oreo Cookies.

**MAY 8:** Herb Baked Chicken, Potatoes AU Gratin, California Blend Veggies, Wheat Bread/Marg., Plums.

**MAY 11:** Green Pepper Steak, Garlic Mashed Potatoes, Scandinavian Blend Veggies, Wheat Bread/Marg., Strawberries & Pineapple.

**MAY 12:** Sloppy Joe/Bun, Creamy Cole Slaw, Carrots, Wheat Bread/Marg., Strawberry Yogurt.

**MAY 13:** Roast Pork Loin, Glazed Sweet Potatoes, Peas, Wheat Bread/Marg., Graham Crackers, Orange Juice.

**MAY 14:** Stuffed Bell Pepper, Capri

Mixed Veggies, Lime Fruit Gelatin, Wheat Bread/Marg.

**MAY 15:** Turkey Rice Casserole, Pickled Beets, Corn Bread, Pineapple Upside Down Cake.

**MAY 18:** Spaghetti & Meat Sauce, Green Beans, Orange Carrot Gelatin, Wheat Bread/Margarine, Chocolate Pudding.

**MAY 19:** Chicken a la King Biscuit, Zucchini & Tomatoes, Cucumber & Onions, Apple.

**MAY 20:** Beef Pot Roast With/Potato/Carrots/Onions, Mixed Green Salad w/Italian Dressing,

Wheat Bread/Margarine, Angel Food Cake w/Strawberries.

**MAY 21:** BBQ Chicken, Baked Beans, Creamy Cole Slaw, Wheat Bread/Marg., Fruit Cocktail.

**MAY 22:** Beef Tomato Mac, Italian Mixed Veggies, Wheat Bread/Marg., Cinnamon Apple Sauce.

**MAY 25:** Baked Ham, Confetti Rice, California Blend Veggies, Wheat Bread/Marg., Strawberries & Bananas.

**MAY 26:** Chicken Cacciatore, Linguini Basil, Green Beans, Wheat Bread/Marg., Cinnamon

Apple Sauce.

**MAY 27:** Hot Turkey Sandwich, Mashed Potatoes, Harvard Beets, Cranberry Sauce.

**MAY 28:** Chili Con Carne, Veggie Salad Medley, Corn Bread, Peaches.

**MAY 29:** Breaded Fish w/Lemon, Scalloped Potatoes, Peas, Wheat Bread/Marg., Cranberry Orange Mold.

2% MILK With ALL Meals!



## Argus Home Care, Inc.

807 W. 4th St.  
Pueblo, CO 81003  
(719) 543-2634

121 S. 5th St.  
Cañon City, CO 81212  
(719) 275-1101

- Argus Alert
- Skilled Nursing
- Rehabilitation Services
- Personal Care Providers
- Homemaker Companions

# Finances: Create And Keep Wealth

## A Bull Market... Or A Secular Bear Market??

by Ronald S. Phillips

The great news is that we are, technically, in a bull market. We have advanced 20% from the recent market lows. This could be the beginning of a strong bull market. Or, we could be in the midst of a "secular" bear market, the bad news.

Don't let that technical term puzzle you. A secular bear is, simply, a pro-

longed down market that dips below previous bears (and makes flat or declining wealth creation in the process). As you can imagine, when stock values are dropping below the previous lows that doesn't feel good at all. It especially doesn't feel good when we have a simultaneous real estate bear market. But we'll save that discussion for a future article.

For now, let's look at the stats of some past secular bears and large Dow Jones Industrial declines. According to Stifel Financial Corp. research, we just got through the second-largest Dow Jones drop in a century. From October, 2007 the DJIA dropped 50.1%, lasting over five-hundred days. The only worse decline was from 1930 to 1932 with a decline of 86 percent.

chase price of \$600,000. In other words, that could be a very good value.

### THE SILVER LINING

Earlier secular bear markets have experienced several major DJIA drops. For example, from 1906 to 1921, there were three big market drops of over 40 percent. And, during The Great Depression up until World War II, there were four major market corrections. Of those, one was down over 80 percent!

In comparison, our current market resembles the 1966 to 1982 secular, which had only one major stock drop of forty-five percent.

So we could, optimistically, repeat this relative mildness. And that is just part of the silver lining. The exhilarating part of these historic swings is the average rebounds. Of the top ten largest DJIA drops the move back up averaged more than 82 percent over the course of 669 days. So, these brave investors experienced near-doubling of equity prices over about two years. That is a bull market we can all get excited about.

*Ronald S. Phillips is a Pueblo native and an Independent Financial Advisor. Order a free copy of his book Investing To Win by calling 545-6442.*

## Comfort

from page 10.

1. Those who live with their senior loved ones say the best thing about being a caregiver is providing the best care possible (30 percent), followed by a sense of accomplishment (27 percent) and staying connected/becoming closer (22 percent). Seventy-two percent of these caregivers believe that caring for their relative has been rewarding.

2. The worst thing about being a caregiver is finding no time for themselves (41 percent). Seventy-two percent of those who said they lived too close to their loved ones rated their stress as a 5 on a scale of 5.

Matthew Kaplan Ph.D., Penn State Intergenerational Programs extension specialist, and Home Instead Senior Care, offer these tips:

- Take a family partnership perspective. Everyone needs to be informed and to give input into household arrangements.

- Set expectations right away. Avoid conflict by working to ensure upfront that family members see eye-to-eye about each person's roles and responsibilities.

- Ask for help. Engage children in responsibilities around the home and make it clear to adult siblings that you want them to be involved. If extended

family will not help with respite care, arrange for a professional caregiver service.

- Make family unity key. Strive for routines, rituals and traditions that bring the family together including family movie night or a walk.

- Find threads of common interest and build on those to develop family activities that are conducive to building deeper relationships. Focus on something very simple that seems to generate a common bond, such as ethnic cooking, family history, health or wellness.

- Keep lines of communication open. Recognize the importance of private time and family time for every member of the household. Visit [www.4070talk.com](http://www.4070talk.com) for more information.

- Distinguish between private space and shared space. Shared space should be stocked with material inviting for all ages and items that could stimulate discussion, such as a child's project or "brag book" of photos. Make clear rules regarding the private spaces set aside for each member of the household.

For more about the emotional issues of intergenerational living, log on to [www.makewayformom.com](http://www.makewayformom.com) or contact your local Home Instead Senior Care office for the free "Too Close for Comfort?" handbook.



### Our Vision:

*To be the best in creating purposeful relationships with our residents and the community we serve.*

*Our professional support team recognizes that every resident has unique needs, goals & abilities.*

- 24-hour Skilled Nursing Care.
- IV Therapy - Respiratory Care - Wound Care
- Restorative Nursing and Dementia Care.
- 24-hour Respite Care • Recreational Therapy
- In-house rehabilitation team, Physical, Occupational & Speech Therapy

## Cañon Lodge Care Center

905 Harding Ave. Cañon City, CO 81212

719-275-4106

# A Handy Andy



## Handyman & Remodeling Service

Licensed & Insured

### 719-252-8356

## Quail Ridge II at Liberty Point

### CAREFREE LIVING AT ITS BEST



### See Our New Model at 1013 Quail Ridge

(Purcell South at Acreview)

### Great Location in PUEBLO WEST

- No outside maintenance

Just enjoy your life - 7 available Floor Plans



Re/Max  
Pueblo West  
19 E. Abarr Dr.  
Pueblo West,  
CO 81007

Marketed by:

Dave Anderson, CRS - 719-250-1506  
Judy Tatsch, CRS - 719-251-6423  
Bonita Quenzer, CRP - 719-320-6932

# Senior Community Update



## LOU GEHRIG'S DISEASE SUPPORT GROUP

Support group for Lou Gehrig's Disease (ALS). Second Thursday each month, 6-7 PM. Thatcher Bldg. 503 N. Main, Suite 103, Pueblo, CO. Call Peggie at 719-584-3068 for all the info.

## OWLS MEETING

The Older, Wiser, Livelier Seniors meet the second Tuesday of each month for bowling at Bowlero-Midtown Shopping Center at 2 p.m.. For information: 545-2803

O.W.L.S. Variety in Dining (Breakfast, Brunch, Dinner) meet 3rd Wed. each month. Contact M.& L.Rich at 647 0415 for more info.

## RIDE TO CHURCH?

Looking for a ride to church? Call Wesley United Methodist Church at 561-8746 and we can make arrangements to transport you to worship and fellowship."

## REGIONAL ADVISORY COMMITTEE

The Upper Arkansas Area Agency on Aging is seeking individuals to join our Regional Advisory Committee (RAC). The Area Agency on Aging provides a wide variety of programs and services to seniors in Lake, Chaffee, Custer and Fremont counties. The Older American and Older Coloradans Acts, local dollars

and contributions provide funding for the agency. RAC members assist the agency in setting funding priorities and identifying needs in local communities throughout the region. Those interested in applying for membership should contact the Area Agency on Aging at 719- 539- 3341 or toll free at 877- 610- 3341.

## GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room B", Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 546-1973 for details." Guests welcome and there is no charge.

## WHAT A GREAT TIME TO VOLUNTEER

Volunteers are needed:

---Drivers to deliver Meals on Wheels to homebound seniors

---Volunteers to help in the many areas of St. Mary Corwin Medical Center especially in the Resale Shop.

---The Cancer Resource Center needs volunteers to work with cancer patients giving out information and helping individuals pick out wigs and hats.

---The assist the Day Care Teacher at a north side charter school.

---To help with a Senior Vision Support Group, sending out monthly notices, calling and making room and travel arrangements.

---Tutors and volunteers in the schools are always needed.

If you are interested in any of these opportunities or want more information call Gloria Valdez, SRDA, 545-8900. Also get information on the these three web sites: [srda.org](http://srda.org) (look under programs-RSVP), [pueblovolunteers.org](http://pueblovolunteers.org), [211help.net](http://211help.net).

## SRDA APRIL CALENDAR

SRDA at 545-8900 has activities for seniors every weekday of the month. From quilting to bridge and from computer classes to movies with popcorn and exercise classes, SRDA tries to offer something for everyone in terms of activities throughout the month.

## LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis? How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: [www.americanarthritis.org](http://www.americanarthritis.org).

## AARP SCHEDULE OF ACTIVITIES FOR MAY 2009

Pueblo Information Center AARP PHONE: (719) 543-8876, 1117 Prairie Avenue. HOURS: Mon-Sat 10-3pm Pueblo, Colorado 81005

Safe Driving Classes, Benefits Check-up, exercising, Tai-Chi, eating right, Census Bureau testing, Model T care group, Convergys recruiting, classic cars, Food Share America, Better Breathers, preparing taxes, quilters group, medicare and financial planning assistance and more available this month.

## AMBASSADORS NEEDED

SRDA, 211, American Red Cross, Neighborhood Watch and the City County Health Department/Medical Reserve Corp are combining forces and developing a core group of dedicated volunteers called EP Ambassadors. Individuals who are interested in helping the community in a variety of activities concerning emergency preparedness are needed now. Volunteers will be involved in a variety of activities from demonstrating how to make a disaster kit, to mailings, giving presentations and many

more activities. This will also be a fun group with other interesting perks. Call Gloria Valdez, 545-8900 for info.

## CSU EXTENSION PROGRAM

THE CSU Extension/Pueblo County office is offering a Vegetable Gardening class on Tuesday, March 24th from 6-9 p.m. Tips and techniques for successful gardening in the varied climate of Pueblo County along with traditional and innovative methods, soil, plant selection, irrigation and harvesting will be covered. Pre-registration is required and the cost is \$15. Call 583-6566.

## SRDA TRIP

Sign Up Now! ~CRIPPLE CREEK~ FRIDAY, MAY 22ND, 9 AM TO 6 PM, ONLY \$20. Reservations being taken now! SRDA, 404-0945.

Who: Contact, Lisa M. Hodanish, 719-647-2013

## TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class

Where: 310 East Abriendo Ave. Next to the Dept. of Revenue/Driver's License Office (in the Conference Room on the 2nd floor of the Security Service Federal Credit Union's building)

When: 2nd & 4th Monday of every month

## STEP-UP PROGRAM

McHarg Park Community Center, 409 Second Street Avondale, CO - Monday, May 11th; 9:00 - 11:30 am

Vail Hotel, 217 S. Grand, Tuesday, May 12th; 9:00 - 10:30pm.

Hyde Park Community Center, 2136 W. 16th St., Tuesday, May 12th; 1:00 - 2:30pm

Joseph Edwards Senior Center (SRDA), 230 S. Union, Wednesday, May 13th; 9:45 - 12:00 pm

Mineral Palace Towers, 1414 N. Santa Fe, Thursday, May 14th; 9 - 11:30 am.

Memorial Recreation Center, 230 E. George Dr, Pueblo West, Thursday, May 14th; 8:15 - 10:30 am.

Park Hill Christian Church Hall, 1404 E. 7th St., Monday, May 18th; 10:00 - 12:00 pm.

Minnequa Park Apartments, 1400 E. Orman Ave, Tuesday, May 19th; 9:00 - 11:30 am.

Mesa Towers, 260 Lamar, Wednesday, May 20th; 9:00 - 11:30 am.

Ogden Apartments, 2140 Ogden, Thursday, May 21st; 9:00 - 10:30 am

Fulton Heights, 1331 Santa Rosa, Thursday, May 21st; 1:00 - 2:30 pm.

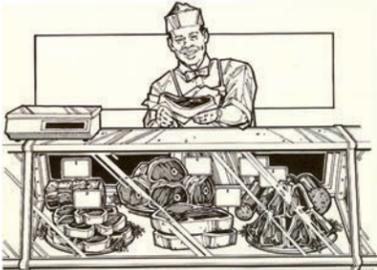
Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3887 for questions about any of Pueblo StepUp's Health & Fitness Programs.

# Big D Superfoods

Your Friendly Independent Supermarket Nearby & Neighborly

### Featuring:

- \* Fast Friendly Check Out
- \* Butcher Cut Meats
- \* Fresh Produce
- \* In Store Bakery
- \* Hot French Bread
- \* In Store Deli
- \* Fried Chicken
- \* Salads
- \* Competitive Prices



# Big D Superfoods

100 E. Main St. - Florence, CO - 719-784-3066



Caring and affordable assistance to help seniors and others maintain independence at home.

- Personal Care • Light housekeeping
- Meal preparation
- Transportation and Errands
- Specialized Alzheimer's care
- Recovery after hospitalization or medical procedures
- ... and more

Since 1969

3055 Highway 50 E #F  
Cañon City, CO 81212

269-1524

Helping people maximize their personal independence

## Senior Beacon

Senior Beacon serves Pueblo & Fremont Counties and reaches the rest of Southeastern Colorado. It is a monthly newspaper dedicated to inform, serve, educate and entertain the Senior Community in these areas. Subscriptions are available, prepaid with order, at \$19.95 for one 12-month period. Send your order to the mailing list below.

Publication of advertising contained herein does not necessarily constitute endorsement. Signed columns are the opinions of the writers and not necessarily that of the publisher. Senior Beacon is locally owned and operated. Founded in August, 1982.

### MAILING ADDRESS

Beacon Publishing/Senior Beacon -- website: [www.seniorbeacon.info](http://www.seniorbeacon.info)

Mailing Address: P.O. Box 7215 -Pueblo West, CO 81007-0215

Ph: 719-647-1300 Fax: 719-647-1305 E-mail: [news@seniorbeacon.info](mailto:news@seniorbeacon.info)

Publisher/Sales/Production.....James R. Grasso

Sales.... Jan McLaughlin, James R. Grasso

Contributing writers.. B. J. Tucker, Universal Press Syndicate,

Mature Market Editorial Services, NAPS, Jan McLaughlin

SUBMISSIONS: Senior Beacon welcomes reader contributions in the form of senior groups' news, stories, poetry, recipes and happenings. Letter to the Editor must be typed and double spaced, signed with address and phone number submitted. Deadline is the 10th of the month prior to publication.

# SENIOR CLASSIFIEDS

**NO TIME...? USE MINE!!** Can't drive? Can't get out? I run errands. Call Virginia, 719-561-1384 or 719-214-6007. #0609

**HOSPITAL BED**, electric with mattress. \$400.00. 719-406-5400. #0609

**NEEDED LIVE-IN CAREGIVER**-Room, board and good wages. Wetmore, Co 719-371-1957. #0609

**FOR SALE:** 1971 Mobile Home. 3 bedrooms, 1 bath, 4 sheds. Nice yard. 543-5607. #0609

**HOME CARE:** very reasonable rate. Honest, dependable. CNA Certified. 719-251-8539 or 719-251-6178. #0609

**"SCOOP-IT" CANINE CLEANUP SERVICE.** You'll never have to scoop poop again. Dependable, honest, weekly, bi-weekly or monthly service. Senior Discount! Call J.R. 250-4419. #0609

**PERMANENTS -\$30.00:** Complete! Open Wed. - Sat. Curl Corner. 2318 Thatcher - Pueblo. Call Annie at 544-9160. #0609

**BUSY BEE 4U!** On-Demand Personal Assistant can assist you with errands, writing letters, scheduling appointments, meal delivery, shopping, etc. References, licensed and insured for you protection! Call Judy (719) 252-4296. [www.busybee4U.com](http://www.busybee4U.com) #0409

**POOP SCOOP:** \$8.00 a week, ANY

**SIZE YARD!** We're the best and most affordable in town. Call Julie, 543-3614. #0609

**SEMI-RETIRED** man will build that garage for you at a reasonable price. Also remodeling an all types concrete work and foundation repair. 719-240-2046 anytime. #0609

**ALTERATIONS BY ABE & ROBYN CAMHI.** Wedding gowns and formal wear. All types of clothing. Men and women. Forty years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #1109

**LOOKING FOR AN AVON REP?** Call me today! Hailey Hollins, 719-547-3808 or [www.youravon.com/hhollins](http://www.youravon.com/hhollins). Join AVON today for just \$10! #0110

**FOR SALE:** Craftmatic double bed - like new - \$1500. Miscellaneous health care items - handgrips for tub & toilet, toilet, walker, heated pad for double bed, etc. 719-546-9944. #0409.

**SENIOR SHOPPING SERVICES/ APPOINTMENTS:** Mon.-Fri. Please call me at 565-0445. #0409

**EXPERIENCED COMPANION/ CAREGIVER** available Part/Time with TLC assistance. Bondable, honest, mature, best references. Looking for help in your home, call MONIKA 719-542-6120. #0209

## SENIOR CLASSIFIED AD REQUEST

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$7.00 for the first 25 words or less and \$.25 for each word over 25. TO PLACE AN AD here's all you need to do: Write your ad in the space provided below.

Please print clearly. Deadline is the 20th of the month.

Phone: \_\_\_\_\_ Your Name: \_\_\_\_\_

Mail ad & Check (send no cash) to:  
Senior Beacon P.O. Box 7215 Pueblo West, CO 81007.

**ANCIENT OLD CODGER** needs recliner with motor to sit up or lie flat for sleeping. Leather preferred. 542-3032. #0209

**IMPERIAL MEMORIAL GARDENS** 4 grave sites in Hillcrest section. Lot 47, spaces 1,2,3,4. \$600.00 each. Call 719-649-2478. #0209

**EXPERIENCED:** Compassionate lady available to assist you in your home. Errands, Dr.'s. appointments, shopping, all activities of daily living. Please call us at 565-0445. #0109

**CARE PROVIDER:** Experienced, honest and dependable. References 3-24 hours. Cleaning, cooking. Assist to Dr.'s. Errands and shopping. 543-7853. also 719-214-0321. #0109

**WANTED: CERTAIN** 45rpm records and LP albums from the 1950s and 1960s. 566-7975. #1008

**24/7 LOVING SENIOR CARE IN CHRISTIAN HOME.** 30 years experience. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! Call today, 719-542-3496. #0209

## CHA Applauds Governor's Executive Order On Errors

GREENWOOD VILLAGE – The Colorado Hospital Association (CHA) today announced its support of Gov. Bill Ritter's executive order directing the Department of Health Care Policy and Financing (HCPF) to propose rules for the denial or reduction in payments under Medicaid for avoidable errors that occur during hospitalization, also known as serious reportable events or preventable adverse events.

In 2008, the Colorado Hospital

Association Board of Trustees adopted a policy regarding non-payment policies for preventable adverse events (all 28 of the "Never Events" identified by the National Quality Forum). Virtually all CHA members followed the Association's lead and adopted a similar policy statement that applies to all payers (not just Medicaid).

"We are extremely proud that nearly all Colorado hospitals voluntarily adopted this policy over the last year," said

Summer. "It is truly a testament to the fact that the hospitals in our state are dedicated to being national leaders in efforts to improve patient safety."

CHA also recently announced it will establish one of 54 federally qualified Patient Safety Organizations in the country to collect and analyze information designed to improve healthcare quality and safety.

The federal Agency for Healthcare Research and Quality notified CHA in February that its Rocky Mountain Patient Safety Organization has been approved and recognized as a patient safety organization (PSO) by the U.S. Department of Health and Human Services. The PSO will collect, aggregate and analyze data on adverse patient events to help identify and reduce risks and hazards associated with patient care. Unlike most other PSOs around the country, the Rocky Mountain PSO will provide patient safety and quality improvement services not just to hospitals, but other healthcare providers across the continuum of care, as well.

"Establishing a PSO for Colorado

healthcare providers is extremely valuable as hospitals and other healthcare providers across the state work to deliver the safest patient care possible," said Summer.

Having been included as part of the Patient Safety and Quality Improvement Act of 2005, PSOs are organizations with which healthcare providers can contract for the purpose of collecting and analyzing patient safety data. The analyses are used to identify strategies providers can use to improve quality and safety. Participation in PSOs is voluntary and, by federal law, the information submitted to a PSO remains protected from legal discovery.

The Rocky Mountain PSO expects to become fully operational within the next three years.

About the Colorado Hospital Association CHA works on behalf of Colorado's 90 hospitals and health systems to transform the health care through advocacy and representation, leadership, education and information. For more information, visit [www.cha.com](http://www.cha.com).

Retirement Apartments Available

Comfortable apartments offer the warmth and comfort of your apartment home at affordable prices. Rent is 30% of income. (Example \$400 income = \$120 rent). Special services add to the security, convenience, and sociability.



**Garden Park Villa**  
1821 N. Fifth Street  
Cañon City, CO 81212  
**719-275-6656**  
TDD 1-800-925-8689

GARDEN PARK VILLA

Office Hours:  
9am-Noon • 1-5 pm Mon.-Fri.

## Home of Heroes

Home of Artists  
Memories in the Making Art Auction





Home of Active Seniors!

Please Come by Or Call!

We would like to share our lovely Facility with you.



**Colorado State Veterans Nursing Home WALSENBURG**  
(800) 645-8387

Adult Day Services Program

## Belmont Senior Care Adult Day Services



- 100% covered by Medicaid
- Affordable private pay rate of \$45.00 for a 6-hour day

If you are caring for an elder family member or spouse, you deserve some time for yourself.

Adult Day Services could be the answer for you.

- Program hours are M-F 9 am- 3pm
- Transportation available
- Immediate openings available ranging from 1-5 days per week
- Relief during the day for the primary caregiver
- Program fosters socialization and interaction
- Recreational & intellectual stimulation for participants

Call for a FREE Trail Day!

Call us at (719) 544-3999

3 Douglas Ct., Pueblo

[www.belmontseniorcare.com](http://www.belmontseniorcare.com)



# Obama's Recipe For Change Not My Cup Of Tea

by Ann Coulter

I had no idea how important this week's nationwide anti-tax tea parties were until hearing liberals denounce them with such ferocity. The New York Times' Paul Krugman wrote a column attacking the tea parties, apologizing for making fun of "crazy people." It's OK, Paul, you're allowed to do that for the same reason Jews can make fun of Jews.

On MSNBC, hosts Keith Olbermann and Rachel Maddow have been tittering over the similarity of the name "tea parties" to an obscure homosexual sexual practice known as "tea bagging." Night after night, they sneer at Republicans for being so stupid as to call their rallies "tea bagging."

Every host on Air America and every unbathed, basement-dwelling loser on the left wing blogosphere has spent the last week making jokes about tea bagging, a practice they show a surprising degree of familiarity with.

Except no one is calling the tea parties "tea bagging" -- except Olbermann and Maddow. Republicans call them "tea parties."

But if the Republicans were calling them "tea-bagging parties," the MSNBC hosts would have a fantastically hilarious segment for viewers in San Francisco and the West Village and not anyplace else in the rest of the country. On the other hand, they're not called "tea-bagging parties." (That, of course refers to the cocktail hour at

Barney Frank's condo in Georgetown.)

You know what else would be hilarious? It would be hilarious if Hillary Clinton's name were "Ima Douche." Unfortunately, it's not. It was just a dream. Most people would wake up, realize it was just a dream and scrap the joke. Not MSNBC hosts.

The point of the tea parties is to note the fact that the Democrats' modus operandi is to lead voters to believe they are no more likely to raise taxes than Republicans, get elected and immediately raise taxes.

Apparently, the people who actually pay taxes consider this a bad idea.

Obama's biggest shortcoming is that he believes the things believed by all Democrats, which have had devastating consequences every time they are put into effect. Among these is the Democrats' admiration for raising taxes on the productive.

All Democrats for the last 30 years have tried to stimulate the economy by giving "tax cuts" to people who don't pay taxes. Evidently, offering to expand welfare payments isn't a big vote-getter.

Even Bush had a "stimulus" bill that sent government checks to lots of people last year. Guess what happened? It didn't stimulate the economy. Obama's stimulus bill is the mother of all pork bills for friends of O and of Congressional Democrats. ("O" stands for Obama, not Oprah, but there's probably a lot of overlap.)

And all that government spending on the Democrats' constituents will be paid for by raising taxes on the productive.

Raise taxes and the productive will work less, adopt tax shelters, barter instead of sell, turn to an underground economy -- and the government will get less money.

The perfect bar bet with a liberal would be to wager that massive

government deficits in the '80s were not caused by Reagan's tax cuts. If you casually mentioned that you thought Reagan's tax cuts brought in more revenue to the government -- which they did -- you could get odds in Hollywood and Manhattan. (This became a less attractive wager in New York this week after Gov. David Paterson announced his new plan to tax bar bets.)

The lie at the heart of liberals' mantra on taxes -- "tax increases only for the rich" -- is the ineluctable fact that unless taxes are raised across the board, the government won't get its money to fund layers and layers of useless government bureaucrats, none of whom can possibly be laid off.

How much would you have to raise taxes before any of Obama's constituents noticed? They don't pay taxes, they engage in "tax-reduction" strategies, they work for the government, or they're too rich to care. (Or they have off-shore tax shelters, like George Soros.)

California tried the Obama soak-the-productive "stimulus" plan years ago and was hailed as the perfect exemplar of Democratic governance.

In June 2002, the liberal American Prospect magazine called California a "laboratory" for Democratic policies, noting that "California is the only one of the nation's 10 largest states that is uniformly under Democratic control."

They said this, mind you, as if it were a good thing. In California, the article proclaimed, "the next new deal is in tryouts." As they say in show biz: "Thanks, we'll call you. Next!"

In just a few years, Democrats had turned California into a state -- or as it's now known, a "job-free zone" -- with a \$41 billion deficit, a credit rating that was slashed to junk-bond status and a middle class now located in Arizona.

Democrats governed California the way Democrats always govern. They bought the votes of government workers with taxpayer-funded jobs, salaries and benefits -- and then turned around and accused the productive class of "greed" for wanting not to have their taxes raised through the roof.

Having run out of things to tax, now the California legislature is considering a tax on taxes. Seriously. The only way out now for California is a tax on Botox and steroids. Sure, the governor will protest, but it is the best solution ...

California was, in fact, a laboratory of Democratic policies. The rabbit died, so now Obama is trying it on a national level.

That's what the tea parties are about.



## Colorado Rid-A-Critter

**Professional Nuisance Wildlife Removal**

*Rid Your Property **NOW** And Save Yourself Time, Money and Possible Injury!!*

- Gophers • Raccoons
- Bats • Squirrels • Skunks
- Snakes • And Others

- Licensed & Insured
- Over 20 years Experience
- Serving Southern Colorado

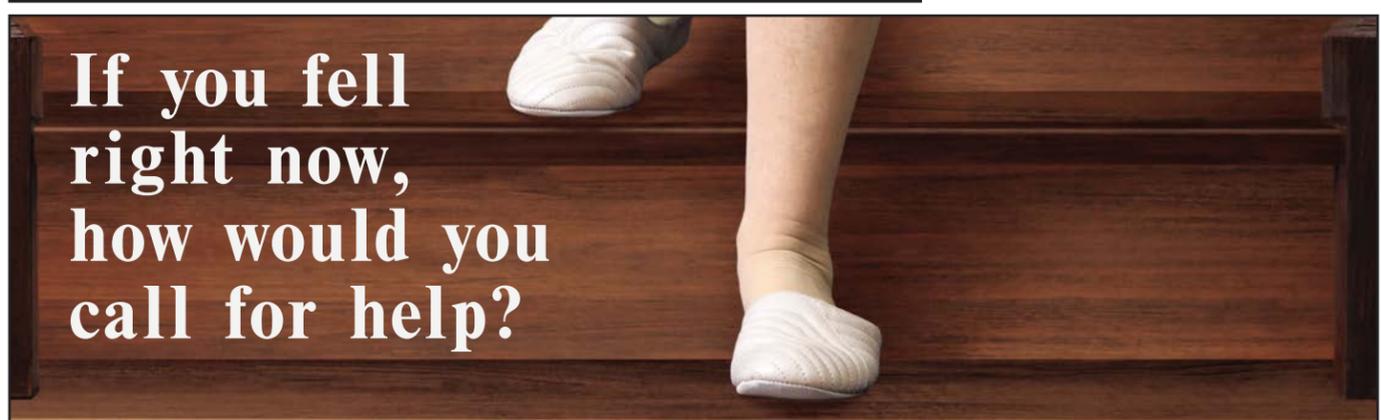
*"Don't Let The Critters Take Over Your Life"*

**Call the Professionals Today At**  
**719-275-4077 or 719-269-7972**

**Senior Discounts**

## Colorado Rid-A-Critter

402 Royal Gorge Blvd. - Cañon City 81212



**If you fell right now, how would you call for help?**

**Make Living Alone Safer, 24 Hours a Day**

Help at the press of a button!



And Call.....  
**SRDA LIFELINE**  
**719-545-1212**



**The #1 Medical Alert trusted by doctors, hospitals and professional caregivers.**



**LIFELINE**

*Mother's Day Special*  
**FREE INSTALLATION**  
Ex: 6/15/09

**One in every 154 families faces a possible foreclosure in Pueblo,**

**Don't Be One of Them!**

If you think you might have to file for a foreclosure, find out what your options are. Call NeighborWorks® of Pueblo for free foreclosure mitigation counseling.

**544-8078, Ext. 102**

**NeighborWorks®**  
**OF PUEBLO**

A Colorado non-profit serving Pueblo for over 30 years

# ARTHRITIS: *New Drug Approved For Fibromyalgia*

by Angela Hager

People with fibromyalgia whose symptoms don't respond well to current therapies now have a new drug option.

According to a recent article published in the January/February issue of Arthritis Today, the Food and Drug Administration (FDA) approved Milnacipran HCI (Savella) to help manage the pain and fatigue associated with fibromyalgia. This drug will become the third approved by the FDA and is the first drug to be newly introduced in the United States specifically for fibromyalgia.

In the studies that led to its approval, Milnacipran was shown to be safe and effective in two phase-3 stud-

ies involving more than 2,000 people living with fibromyalgia. In the studies, dosages of 100 milligrams (mg) per day demonstrated significant improvements in pain, patient global assessment and physical function. The most common adverse reaction to the drug was nausea. Other side effects involved constipation, dry mouth, excessive sweating, hot flashes, hypertension, increased heart rate and palpitation, and vomiting.

Milnacipran belongs to a class of drugs called selective serotonin and norepinephrine reuptake inhibitors. Although it's still not clear exactly how these drugs work, some researchers believe they may help to correct abnormalities in certain

brain neurotransmitters and may be central to this pain disorder.

Experts believe caution is warranted for this and other fibromyalgia drugs.

"The problem with most treatments for fibromyalgia is that they tend to work well in the short term," says Frederick Wolfe, MD, Director of the National Data Bank for Rheumatic Diseases in Wichita, Kansas. "These drugs have not been shown to be effective in the long run."

### About Arthritis

Arthritis is the nation's most common cause of disability with a nationwide economic impact of more than \$128 billion annually. The condition strikes all ages and knows no racial or ethnic boundaries. 46 million people have been doctor diagnosed and 300,000 children are affected.

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases – the nation's most common cause of disability. Information found in this release is attributed to Arthritis Today, a consumer health magazine published bi-monthly by the Arthritis Foundation. For more information, contact the Rocky Mountain Chapter, serving Colorado, Montana and Wyoming at 800-475-6447 or online at [www.rockymountainarthritis.org](http://www.rockymountainarthritis.org)

**Angie Hager - Director of Marketing and Communications - The Arthritis Foundation-Rocky Mountain Chapter, 2280 S. Albion St. Denver, CO 80222 tel (303) 756-8622; fax (303) 759-4349 [www.rockymountainarthritis.org](http://www.rockymountainarthritis.org)**

**May The Clouds Never Burst And The Son Always Find You!**

---

**Find Senior Beacon On The Internet [www.seniorbeacon.info](http://www.seniorbeacon.info) or in racks at over 100 locations all over Southern Colorado**

**And don't forget our new blog feature "Blog With Us" at [www.seniorbeacon.info](http://www.seniorbeacon.info).**

## Minnequa Medicenter...

Whether your need is for short-term, skilled, respite or long-term care, we provide:

- Compassionate 24-hour nursing care
- Daily in-house physical, occupational & speech therapies
- Daily life-enhancing programs
- Intergenerational activities with our on-site children's Day Care
- Monthly community events
- Hospice/Palliative care
- Free medical transportation
- One block W. of Lake on Elko & California
- On-Site Child Day Care
- Resident Pet Program



**Transitional Care Unit**  
 offering: private rooms, flat screen TV, telephone, private dining

**Medicare/Medicaid, Managed Care and VA contracted.**  
 For additional information/directions please call:  
**719-561-1300 and ask for Niki Garcia, Admissions Manager**

## Oral Health Tips For Seniors

**Diet and Oral Health:**  
 Oral health is important to the overall well-being of older Americans. Preventive dental care can head off more expensive dental work and help prevent severe diseases. Unfortunately, dental costs are primarily out-of-pocket for those over 65, and when financially strapped, they may forego regular visits to the dentist. The decision to "do without" can have serious consequences because the elderly suffer a disproportionate and debilitating amount of oral disease. The facts:

\*Nearly one-third of older adults have untreated tooth decay. Fifty percent of those over 75 have root decay. Untreated cavities can progress to the pulp of the tooth, causing pain and dental abscess, which may lead to more serious infections.

\*Nearly a quarter of 65- to 74-year-olds have severe gum disease, which is associated with chronic disease and severe health events including diabetes mellitus, heart disease, stroke and respiratory disease.

\*30,000 new cases of oral and pharyngeal cancers are diagnosed in the elderly annually, and about 8,000 individuals die from these diseases each year.

\*Mouth dryness is experienced by 30 percent of those ages 65 and up.

According to the Alliance for Aging Research, "The tragedy is that oral disease is largely preventable. Dental treatment begins with relatively low-cost diagnostic procedures, such as exams and x-rays. If decay or disease is detected, the sooner it is treated, the less expensive that treatment will be.

The Alliance says the shortfall in oral health care for the elderly is huge, and will only increase, as the number of seniors doubles by 2030.

One of the glaring gaps in Medicare coverage is the lack of dental care. Medicare doesn't cover most dental procedures, such as fillings, extractions, and dentures. Medicaid funds dental care for impoverished seniors only in a few states, and those reimbursements are low.

In a recent report, the Alliance says: "We know that oral health care is an important component of overall health and that older Americans frequently lack access to dental care. When seniors don't receive regular dental care, they risk serious health problems with potentially high public costs. The Alliance for Aging Research, American Dental Association and other organizations are working to raise awareness about the problems caused by senior's lack of access to dental care. Together we can bring this issue "out of the shadows" and to the attention of policymakers."

*This oral health tip comes from Oral Health Awareness Colorado!, a coalition of federal, state and community organizations that developed the state's first formal oral health plan aimed at improving the general health of Colorado residents. For more information about oral health, go to the website [www.beasmartmouth.com](http://www.beasmartmouth.com)*

## Royal Gorge Manor

**NOW LEASING ONE BEDROOM APARTMENTS**

- 62 years & older • In-House Laundry
- Independent Living • Solariums
- Beauty Shop • Recreation Room
- Library • Activities
- Beautiful Grounds • Spectacular Views
- Utilities & Cable Included with Rent

**Call or come by TODAY!**



**275-6545**

1122 N. 15th St.  Cañon City, CO

*Yesterday's soldiers.....*

## .....Today's HEROES



**Bruce McCandless**

### Colorado State Veterans Nursing Home

- Spacious rooms with spectacular mountain views
- Skilled nursing and rehabilitation
- Financial benefits to qualifying veterans
- Special Care Alzheimer's Unit
- Private pay and Medicaid welcome
- All-inclusive daily rate.

**Call today for a free information packet (800) 283-2668**  
**0903 Moore Drive Florence, CO 81226**

# Weird News

from page 4.  
 were having sex on a mattress on the tracks at a New York City subway station. The injuries were not severe, thanks to a quick-acting motorman. Nevertheless, the couple went on to file a lawsuit against the Transit Authority for "carelessness, recklessness and negligence." (The outcome of the lawsuit was not reported, but the couple's lawyer was, at the time, quite aggressive in justifying the filing: "Homeless people are allowed to have sex, too," he said.)

### Nobody Knows

The U.S. National Nuclear Security Administration recently postponed its crucial program to rejuvenate quarter-century-old Trident missile warheads because no one can remember how to make a key component of the weapons

(codenamed "Fogbank"), according to a March 2 report of the Government Accountability Office. The GAO found that, despite concern over the bombs' safety and reliability, NNSA could not replicate the manufacturing process because all knowledgeable personnel have left the agency and no written records were kept. Said one commentator, "This is like James Bond destroying his instructions as soon as he's read them." (The GAO report came two months after the German Interior Ministry reported to Parliament that over a 10-year period, it had lost 332 secret files that were in fact so secret that no one in the Ministry could recall what was in them.)

### The Frontiers of Science

-- Researchers at Germany's Max Planck Institute recently published findings of a cross-cultural study of people's spit. "(W)e can get more insights into human populations (from saliva) than we would get from just studying human DNA," the team's leader told Reuters in February. The study's main conclusion was that spit content does not vary much around the world, even given regional differences in diet.

-- Spanish researchers at Autonomous University of Madrid reported in February that wolves (and almost surely dogs), when relieving themselves, deliberately seek out the most conspicuous places they can find (both as to sight and smell), to assure maximum territorial signaling. Male wolves prefer tall trees (and

dogs, prominently located fire hydrants) and try to leave urine as high up as they can to increase its wind-carry, according to a Discovery Channel summary.

### Leading Economic Indicators

-- Tight Money: (1) As Italy's banks (like so many others) curtailed lending during the global financial crisis, the country's 180,000 small businesses had nowhere to turn for liquidity except to the Mafia, whose lending continued (at ridiculous interest rates, of course), unrestricted by the recession, according to a March Washington Post dispatch from Rome. Organized crime in Italy collects an estimate of the equivalent of \$315 million a week. (2) In March, because of budget cuts, the Municipal Court in Mount Gilead, Ohio, ordered its clerk to accept no new filings of any kind (including criminal cases) unless the filer brings his own paper for printing the legally required copies to be distributed.

-- London's Daily Mail reported in March that among the recession-themed business start-up grants awarded by the Welsh Department of Work and Pensions was the equivalent of about \$6,600 to the Accolade Academy of Psychic and Mediumistic Studies. One of the Academy's owners defended the award, noting that parents who have lost a child need to know that the child is safe.

### The Continuing Crisis

-- For the past two years, Britain's Jean Driscoll, 72, has been studied by two doctors and three hospitals' staffs, but so far no one knows why she belches constantly every day. "I don't go out anymore," she said. "People laugh and stare at me. One man said, 'Can't you control that?'"

-- The Democratic Process: (1) In March, George Snyder Jr., 39, was removed from the May election ballot in Westmoreland County, Pa., when a judge ruled that Snyder lived outside the county and not really in the garage storage room that he claimed was his main residence. (2) In December, John Kaye, a member of Australia's New South Wales Parliament, proposed a remedy for the recent displays of immature partying by some of his colleagues: "Honestly," he told Sydney's Daily Telegraph, "if you are going to have breathalyzers for people driving cranes, you should have breathalyzers for people (who pass) laws."

### Least Competent Criminals

-- Not Ready for Prime Time: In March, two men were seen on a backyard surveillance camera in St. Petersburg,

Fla., attempting a home break-in during the day when no one was home. According to the police report, one of the men assumed a football stance, then ran the length of the yard and rammed the back door. However, the latch held, and the impact sent the man backward, leaving him on the ground, writhing in pain. The collision also triggered an alarm, and the men escaped before police arrived. (2) Two adults and three teenagers were arrested in Waterville, Maine, in March and charged with arson, with all the evidence needed consisting of a video the five made, describing their crime, crafted with theme music and cast-and-crew credits.

### Update

-- Several Florida jurisdictions have restrictions on where convicted sex offenders can live, even those who long ago finished their sentences. As noted in News of the Weird in 2007, Miami-Dade, Florida's most populous county, has only one spot far enough away from places where children roam: the approach to the Interstate 195 bridge to Miami Beach (the Julia Tuttle Causeway). Judges routinely give released sex offenders the choice of either leaving town or camping under the bridge. One man has been there so long that he now has a Florida driver's license with his address as "Julia Tuttle Causeway Bridge." In March, the encampment of about 50 men welcomed its first female sex-offender, 43-year-old Voncel Johnson, who told the Miami Herald that she had so far been treated respectfully.

### A News of the Weird Classic (May 2001)

-- Inexplicable: Police in West Vancouver, British Columbia, assured residents in April 2001 that they had stopped a three-year petty-crime spree in an upscale neighborhood when they arrested multimillionaire Eugene Mah, 64, and his son, Avery, 32. Police said the two were responsible for stealing hundreds of their neighbors' downscale knick-knacks, such as garbage cans, lawn decorations and even municipal recycling boxes, and hiding them at their own luxury home. Mah's Vancouver real estate holdings are reported at about US\$13 million, but among the recovered goods were such tacky items as one neighbor's doormat and, subsequently, each of the 14 doormats the neighbor purchased as replacements.

Read News of the Weird daily at [www.weirduniverse.net](http://www.weirduniverse.net). Send items to [weirdnews@earthlink.net](mailto:weirdnews@earthlink.net).

**Blog With Us!**  
 Go to:  
[www.seniorbeacon.info](http://www.seniorbeacon.info)  
 click the  
 "Blog With Us" icon  
 and speak your mind!  
 Join us in our new  
 adventure!! It's Fun and  
 always Interesting!

**PRESENTS**  
**Our Annual**  
**Volunteer**  
**Appreciation Day**

**GOLDEN AGE CENTER**

**Come And Get Great Bargains On Almost**  
**"Everything Under The Sun."**  
**Market starts at 8:00am sharp in the rear parking lot of the**  
**Golden Age Center in downtown Cañon City**  
**728 Main St. Cañon City, CO 81212**  
**719-275-5177 Fax 719-275-7146**

**Are You Working Harder Than Ever?**  
**Do Health Care Costs Have You Down?**  
**The GOOD FEET STORE Can**  
**Help You!**

Based on *Independent Clinical Studies* and *Rave Reports* from our customers themselves, **GOOD FEET ARCH SUPPORTS** are an extremely **cost effective** means of allowing people, like you, **work/play longer** and with **greater comfort**. Studies show that Good Feet Supports **reduce lost time** at work due to injury and, in terms of **preventative maintenance**, skeptics have become enthusiastic fans. Your feet **support 98% of your body's weight** and if your feet are not properly supported, you may feel it in your **feet, ankles, knees, hips, even your back**.

Good Feet Supports can only **help with symptoms** but, in some cases, **even reverse foot related ailments!**

**Get your feet and your body into proper alignment and put your mind at ease!** Visit a **GOOD FEET STORE** and a trained representative will take a **FREE footprint** and demonstrate just how supports work in **your own shoes**. There's **no obligation** to buy but, chances are, we have what you need. In about a **1/2 hour** you could be walking out our door with your **new supports** in your shoes and with a smile on your face.

Go with the **leader and innovator**, **THE GOOD FEET STORE**. And remember, imitation is the sincerest form of flattery but, it has no place in your shoes.  
**Prices start at \$39.95!**

**THE GOOD FEET STORE**  
**In PUEBLO: 4602 N. Elizabeth St. - Ste 150 (719)404-0740**  
**In Colo. Spgs: 5327 N. Academy Blvd. (719)599-9033**

**New Horizons Thrift Store**

**PUEBLO**  
**Official Grand Opening**

**Saturday**  
**May 16<sup>th</sup>**  
**FREE Lunch,**  
**Balloons,**  
**Prizes**  
**\*Plus ten \$50**  
**giveaways!**

**By Shopping at New Horizons**  
**Stores...you are making a**  
**difference in the life of a child!**

[www.NewHorizonsThriftStores.com](http://www.NewHorizonsThriftStores.com)

**10 % Off**  
**Senior Day**  
**Wednesdays**

**310 Main , Cañon City**  
**(one block off Hwy 50)**  
**276-2676**  
**Open: Mon-Sat 9 -5**

**PUEBLO**  
**745 Desert Flower Blvd**  
**(next to Big Lots)**  
**296-9006**  
**Mon-Thurs 9-5 & Fri-Sat 9-8**

# Raw Food Revisted - You Are What You Eat

by Charlene Dengler

It has been over a year now since I last espoused the virtues and benefits of a raw food diet. Coming at it from a different angle this time, I want to submit some conservationist and ecological reasons why eating more raw foods makes sense. Realizing that this is a polemic topic I don't intend to convert anyone; I just want to present some ideas for consideration.

First, let me define what I mean by "raw". "Raw" means that the substance has not been processed, heated, cooked or altered in any way. That said, raw foodists typically consider anything

heated above 118 degrees to be "cooked". Chemically, what that means, is that any enzymes that would aid in the assimilation of that food are destroyed when the food is heated above 118 degrees.

Why are enzymes so important? They are the catalysts that put digestion in motion. Since they are necessary for digestion, what happens if they are destroyed during the cooking process? The body, being an amazingly proficient organism, then has to break down destroyed proteins, recreate the necessary enzymes and then digest the food that has been consumed. Seems to be a rather inefficient use of the body's

resourcefulness, particularly since as the body ages, enzymes diminish in quantity and quality, creating new challenges for the digestive system.

Let's back up a minute to the place where digestion begins - in the mouth. Another way to use the body more efficiently is to chew food the very well. With the lifestyles we lead today, we are used to literally biting off more that we can chew, and swallowing chunks of food while washing it down with gulps of liquid. Focus on slowing down and whether you are eating cooked or raw food, give your digestion a boost by chewing, chewing, chewing until the food is practically a liquid. That may not always be easy to do, but your body will reward you with better digestion and assimilation.

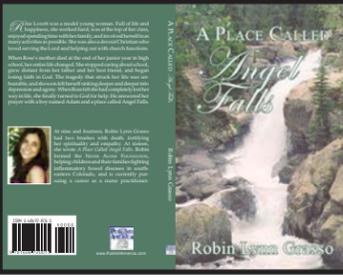
Other reasons why cooking food might not be the best approach is the fact that 50% or more of protein is destroyed when cooked. That seems to be an extremely wasteful venture and an unnecessary strain on the digestive tract. In economic terms, that is less than 50% return on an investment, when you were expecting much greater yield. A better deal would be eating a raw, complete, plant-based protein, such as goji berries. For the ecologically minded reader here is

something for you to consider. The vast array of restaurants, both full service and the fast food variety combined, contribute 42% of the environmental pollutants in the form of carbon soot. The controlled use of fire has its environmental impact, whether we choose to recognize it or not. Yet another reason to consider raw cuisine at least from time to time.

Lastly, an excellent reason to eat more raw food is to feel better, get trimmer, and look better. Here's a challenge to try. Commit to eating only raw for at least three days. Sticking to the basics of raw fruits and vegetables, leafy greens, and previously soaked nuts and seeds will keep it really simple. After all you are only sampling the diet, not jumping in with both feet. See if you don't experience some of the benefits I've discussed. Remember, it bears reiteration once again, you are what you eat and you are what you don't eat. Bon appetit!

*Charlene Dengler is a former registered nurse who has also been a model, nutrition consultant, fitness instructor and educational consultant. She is currently a nutrition consultant and personal trainer whose main focus is a natural approach to health and wellness. She can be reached at (719) 250-0683 or IOHealth@live.com*

**"A Place Called Angel Falls"**  
A Wonderfully Uplifting Spiritual Gift For You,  
Your Granddaughters or Great Granddaughters



Call 647-1300 for this special price available only through **Senior Beacon!**  
Limited Time At This Price! Reg. \$24.95  
**NOW \$18.95**  
Get your signed copy by author **Robin Lynn Grasso** also available at: [barnesandnoble.com](http://barnesandnoble.com), [amazon.com](http://amazon.com) and [publishamerica.com](http://publishamerica.com) but not at this reduced price.

## FREMONT/CUSTER County Menus Penrose(372-3872) - Canon City(275-5524) Florence(784-6493) - Silvercliffe (783-9508)

### FLORENCE 100 Railroad St. - Florence Tu-Thur-Fri

- MAY 1:** TURKEY SALAD ON A BED OF LETTUCE WITH TOMATO, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.
- MAY 5:** PORCUPINE MEATBALLS, Whipped Potatoes with Gravy, California Vegetable Medley, Banana.
- MAY 7:** SPAGHETTI AND MEAT SAUCE, Tossed Salad, Mixed Fruit, Orange Juice.
- MAY 8:** CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.
- MAY 12:** MEATLOAF, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.
- MAY 14:** HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.
- MAY 15:** ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.
- MAY 19:** HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.
- MAY 21:** BEEF AND SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.
- MAY 22:** TATOR TOT CASSE-ROLE, Tossed Salad, Squash, Pears.
- MAY 26:** CHICKEN CACCIATORE, Oven Browned potatoes, Italian Vegetables, Sliced Peaches, Cookie.
- MAY 28:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.
- MAY 29:** CHICKEN & NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

### SALIDA MENU 719-539-3351 before 9:30am Tue/Th/Fri

- MAY 1:** BAKED PORK CHOP WITH COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.
- MAY 5:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.
- MAY 7:** TUNA NOODLE CASSE-ROLE, Italian Green Beans, Pineapple Tidbits
- MAY 8:** BRATWURST ON A BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.
- MAY 12:** TOMATO SOUP, Turkey on Wheat with Mustard and Salad Dressing, Seasoned Green Beans, Tangerine, Almond Peaches.
- MAY 14:** HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.
- MAY 15:** HONEY BBQ CHICKEN, Oven

\* KEEP THESE COUPONS \*

# BIG O TIRES

*A Reputation You Can Ride On*

**BIG O TIRES**

**\$25 OFF**

Any Set of  
Big O Brand Tires

Must present coupon. Ex: 7/15/09

**BIG O TIRES**

**10% OFF**

Any Brake  
Service

Must present coupon. Ex: 7/15/09

**BIG O TIRES**

**FREE**

Rotation  
(\$20 Value)

Must present coupon. Ex: 7/15/09

**BIG O TIRES**

**Full Service Oil  
Change Special**

**\$29.99**

(Includes 5 qts.)  
Must present coupon. Ex: 7/15/09

**Taking Care Of Families!**  
**719-269-8000**  
**3030 E. Main St • Cañon City, CO**

\* KEEP THESE COUPONS \*

- Browned Potatoes, Chopped Spinach, Diced Pears.
- MAY 19:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.
- MAY 21:** PORCUPINE MEATBALLS, Whipped Potatoes with Gravy, California Vegetable Medley, Almond Peaches.
- MAY 22:** ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread with Margarine.
- MAY 26:** PUEBLO BEEF STEW, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread with Margarine.
- MAY 28:** TURKEY POT PIE, Cut Broccoli, Tossed Salad with French Dressing, Apricot Pineapple Compote Biscuit.
- MAY 29:** BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

### GOLDEN AGE CENTER 728 N. Main St.-Canon City M-W-F

- MAY 1:** TACO SALAD WITH SALSA, Tomato and Lettuce, Cornbread with Margarine, Strawberry Applesauce.
- MAY 4:** HAMBURGER w/Catsup, Mustard, Onion, Tomato, Lettuce, Baked Beans, Potato Salad, Watermelon.
- MAY 6:** TURKEY TETRAZZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

- MAY 8:** CRUNCHY BAKED FISH, Whipped Potatoes, Mixed Vegetables, Pineapple Mandarin Orange Compote.
- MAY 11:** CALIFORNIA VEGGIE BAKE, Spinach Salad with Egg, Lite Italian Dressing, Pears.
- MAY 13:** SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.
- MAY 15:** FRENCH DIP SANDWICH w/ Au Jus, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.
- MAY 18:** HUNGARIAN GOULASH, California Vegetable Medley, Green Peas, Pineapple Tidbits.
- MAY 20:** Honey BBQ Chicken, Scalloped Potatoes, Creamy Cole Slaw, Grapes.
- MAY 22:** BIRTHDAY LUNCH, Roast Pork W/ Gravy, Oven Browned Potatoes, Parslied Carrots, Sugar Free, Strawberry Jell-O.
- MAY 25:** CLOSED MEMORIAL DAY
- MAY 27:** Italian Sausage w/ Marinara Sauce and Spaghetti, Tossed Salad, Pear.
- MAY 29:** Lemon Baked Fish, Tartar Sauce & Lemon, Rice Pilaf, Green Bean with Mushrooms, Fruit Salad.

### PENROSE CENTER 1405 Broadway-Penrose (Tues/Thur)

- MAY 5:** CHICKEN CORDON BLEU, Rice Pilaf, Seasoned Asparagus, Apricots.
- MAY 7:** BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

- MAY 12:** SPINACH LASAGNA, Tossed Vegetable Salad, Seasoned Green Beans, Tangerine.
- MAY 14:** ROAST TURKEY WITH GRAVY, Whipped Potatoes, California Vegetable Medley, Pineapple Tidbits.
- MAY 19:** CHILIRELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.
- MAY 21:** TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice Gelatin, Salad with Banana, Peaches, Cheddar Drop Biscuit.
- MAY 26:** SWISS STEAK WITH MUSHROOM SAUCE, Whipped Potatoes, Seasoned Greens, Tropical Fruit.
- MAY 28:** CHICKEN FRIED STEAK WITH COUNTRY GRAVY, Roasted Garlic Mashed Potatoes, Seasoned Cauliflower Broccoli Mix, Apple, Drop Biscuit with Margarine.

### CUSTER SENIOR CTR. call 719-783-9508 for reservations before 9:30am - Mon&Thur - Noon Meal

- MAY 4:** ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry, Gelatin Salad, Dinner Roll/Marg.
- MAY 5:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbit
- MAY 7:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.
- MAY 11:** TURKEY SANDWICH With Provolone Cheese & Mustard, Sliced Tomato/Lettuce, Orange, Waldorf Salad.
- MAY 12:** CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad/Lemon.
- MAY 14:** PUEBLO BEEF STEW, Tossed Salad/Lite Italian Dressing, Squash, Banana.
- MAY 18:** SWEDISH MEATBALL, Whipped Potatoes/Cream Gravy, Chopped Spinach, Mixed Fruit.
- MAY 19:** HONEY BBQ CHICKEN, Scalloped Potatoes, Mexicali Corn, Creamy Cole Slaw, Grapes.
- MAY 21:** WHITE CHILI WITH CHICKEN, Whole Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage/Red Pepper, Pear Halves.
- MAY 25:** MEMORIAL DAY
- MAY 26:** ROAST BEEF SANDWICH, Wheat Bread, Roasted Garlic Mashed Potatoes, California Vegetable Medley, Con-fetti Slaw, Pineapple Tidbits.
- MAY 28:** BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pine-apple Compote, Apple.

**ALL MEALS SERVED WITH MILK**  
(Coffee or Tea optional). Most meals served with bread and margarine.

# How Hydrangeas Can Heighten Your Yard Enjoyment

(NAPSI)-Hydrangeas are growing on home gardeners. The big, bold flowers add excitement to many gardens and are terrific for both fresh and dried arrangements. Desirable as hydrangeas are, they have a reputation for being tricky to grow. Fortunately, with many new, easy-to-grow varieties available, even the most inexperienced gardener can enjoy lots of flowers with very little effort.

## New Varieties

Reblooming hydrangeas, such as the Let's Dance series from Proven Winners, are an excellent example of how new varieties make gardening easier. Unlike older varieties of *Hydrangea macrophylla*, these plants bloom on both this season's

and last season's growth. Gardeners who have been frustrated by healthy-looking plants that never bloom will have more success with these plants. Moonlight has big, vividly colored mophead flowers and rich burgundy fall foliage. Starlight is the first reblooming lacecap hydrangea and has elegant, brightly colored whorls of florets.

## Pink, White and Blue

*H. macrophylla* flower color is affected by soil pH. It is difficult for hydrangeas to absorb aluminum from alkaline soils (those with pH higher than 7), so the plants produce pink or red flowers. Aluminum is more available in acidic (pH lower than 7) soils and the plants there produce

(12" plus) panicles that start out white and turn to pink as they age. New white florets keep growing at the tips of the panicles as older florets at the base turn pink, so the plant displays unique bicolor blooms in late summer.



Annabelle is another favorite of cold-climate gardeners and of many southerners as well. A smooth hydrangea (*H. arborescens*), Annabelle is adaptable and easy to grow, though its white snowball flowers tend to flop over into an untidy tangle.

Two new varieties are expected to set the standard for smooth hydrangeas. Incrediball has flowers up to 12" across and exceptionally sturdy stems that hold

## Thirty Years Later "Substance" Endures Classic Novel Still Empowers Women

(NAPSI)-Many extraordinary women including the late Princess Diana, former first lady Laura Bush and legendary British Prime Minister Margaret Thatcher have achieved their dreams with a little help from empowering female role models--both real and fictional.

The women above, and countless others, have pointed to the work of novelist Barbara Taylor Bradford as a source of inspiration for success in their own lives. Mrs. Bradford's classic novel "A Woman of Substance" is currently celebrating a rerelease on its 30th anniversary and remains one of the top-10 best-selling novels in history. Many readers see themselves in the rags-to-riches tale of Emma Harte, a maidservant who goes on to build a department store empire.

"It's about one woman who through her talent, ambition, discipline and stamina makes something of herself," says Bradford. "She overcomes a lack of education, great adversity and in the end triumphs as a human being."

Over the years, thousands of women have told the author how the book changed their lives, how it inspired them to juggle successful careers with a family life.

Margaret Thatcher once told Bradford that she tried to motivate her own daughter by saying, "Carol, you've got to do what Barbara's done. You've got to write a novel that will change the world."

The paperback, which has sold 32 million copies worldwide, is now being reissued, and a new chapter in the Harte family saga, "Breaking the Rules," featuring a contemporary heroine and some familiar faces, is to be published in 2009. It figures to be Bradford's 25th consecutive bestseller!

Here's some empowering advice from "A Woman of Substance" that holds true even three decades later:

1. Don't let anyone discourage you. Just like Emma Harte, you can overcome those who stand in your way on the road to success.

2. Reinvention. Emma Harte evolved from a maidservant to a seamstress,

the blooms upright even after heavy rain. Coming in 2010, Invincibelle Spirit is the first pink Annabelle-type hydrangea.

## How Hydrangeas Help Combat Cancer

Gardeners who have been limited to white flowers can now enjoy hot-pink blooms and help fund breast cancer research with a purchase of Invincibelle Spirit. Proven Winners will donate 5 cents from each purchase to the Breast Cancer Research Foundation (BCRF). That organization is dedicated to preventing breast cancer and finding a cure in our lifetime by funding clinical and translational research worldwide.

## Learn More

For more about BCRF, visit [www.bcrfcure.org](http://www.bcrfcure.org). For facts about hydrangeas, visit [www.provenwinners.com](http://www.provenwinners.com).

**Where would you like to go?**

- "Door through Door" Service
- Friendly, Responsive Drivers
- Errand & Concierge Service
- Late Model, Comfortable Cars

Call today for a free quote and more information.

**Going Your Way Senior Accompaniment**

All drivers and vehicles are bonded, licensed and insured.

**719-543-1996**

blue flowers. Soils can be amended to adjust the bloom color; use aluminum sulfate to encourage blue flowers and horticultural lime to produce pink flowers.

Hardy hydrangeas, *H. paniculata*, have been mainstays of northern gardens for years. They produce cone-shaped bundles of white florets in midsummer and bloom on the current season's growth.

Hardy hydrangeas are reliable bloomers even after harsh winters.

Lime-light may be one of the best varieties. Its soft green summer flowers transform to pink and burgundy in fall and dry beautifully. Proven Winners now has Pinky Winky hardy hydrangea as well. Pinky Winky has exceptionally large

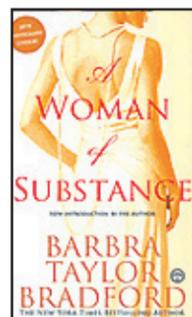
a shopkeeper and eventually a department store mogul. She always found ways to change with the times.

3. Endurance. When Emma Harte was asked to explain the secret of her success, her reply was "to endure." Learn to weather the inevitable

personal and professional hardships in life and you too can become a "woman of substance."

## Learn More

For more information, visit [BarbaraTaylorBradford.com](http://BarbaraTaylorBradford.com).



## Classics Go Manga

(NAPSI)-When the classics meet the highly popular form of graphic storytelling known as manga, the result is an engaging new form of reading enjoyment.

From its origins in Japan, manga has swept America and attracted many younger readers.

Now, a talented author and a gifted professional artist are using the genre to offer a fresh look at classic fiction. Adam Sexton, who has taught fiction writing and literature at New York University, and graphic artists Yali Lin and Hyeondo Park have created manga versions of two classic American novels, Mark Twain's "The Adventures of Huckleberry Finn" and "The Scarlet Letter" by Nathaniel Hawthorne.

Here's some empowering advice from "A Woman of Substance" that holds true even three decades later:

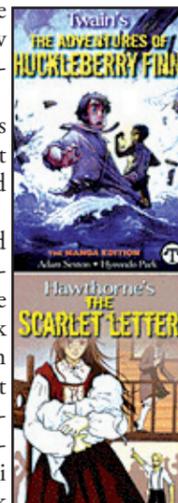
1. Don't let anyone discourage you. Just like Emma Harte, you can overcome those who stand in your way on the road to success.

2. Reinvention. Emma Harte evolved from a maidservant to a seamstress,

"Huckleberry Finn," a manga natural, embodies the great American journey toward civilization. Huck and Jim's travels on the great Mississippi River and the scheming con men whom they outsmart are a great recipe for an action-packed manga.

"The Scarlet Letter" is also a manga natural, filled with scheming villainous characters and plot-twisting machinations.

An essay at the beginning of each book ties the novel and manga together. The rest of the book is taken up with the manga itself. "The Manga Edition" series is published by Wiley Publishing, Inc. For more information, visit [www.wiley.com](http://www.wiley.com).



**NEW Name, SAME Quality**

You've known us for years as Pueblo Extended Care Center, but we're pleased to announce that we're changing our name to Pueblo Care and Rehabilitation Center. Our new logo is a reflection of our relationship with you and the rest of the community that we serve.

**PUEBLO CARE & REHABILITATION CENTER**  
Caring is the Key in Life

**(719) 564-1735**

2611 Jones Ave.  
Pueblo, CO 81004  
[www.sunbridgehealthcare.com](http://www.sunbridgehealthcare.com)

**GRANDPARENTS**

**Enjoy hearing your grandchildren again!**

Do you hear your wife, but do not understand?  
Does your husband always have to repeat himself?  
Does it sound like your grandchildren mumble?

Call today for a no-charge, comprehensive hearing evaluation from an experienced, caring professional.

"Pueblo Mall Inside Sears"

3201 Dillon Drive - Pueblo, CO 81008

**584-2347**

The Hearing Aid Center America Trusts®

**LIMITED TIME ONLY!**

**\$15.00**

**GAS CARD**

We will pay for your trip for a comprehensive hearing test\*.

\*Must have a third party present during test. code B1 ex:5/30/09

**SeniorGuide'09 at**  
**[www.seniorbeacon.info](http://www.seniorbeacon.info)**  
**or pick it up at St. Mary**  
**Corwin, Parkview,**  
**St. Thomas More**  
**and other locations.**



# Reeling

## "Film Scores Matter"

by Film Critic Betty Jo Tucker, Pueblo

### FILM SCORES MATTER

Background music adds so much to movies. Just ask Tom Hoover, whose terrific website, ScoreNotes.com, includes a wealth of information about this topic. Tom was kind enough to answer my questions concerning his site -- and more -- in the revealing interview below.

**QUESTION:** What motivated you to create ScoreNotes.com?

**HOOVER:** Many times, the music in a film is often overlooked by the mainstream media even though the soundtrack is one of the more important elements in a production. I wanted to bridge this gap in some small way so I set out to develop a site where composers would have a forum to discuss their work and share a bit of their background with their fans. Aside from the interviews, I have a genuine passion to express my views on what works and what doesn't when it comes

to film music. I also take great joy in sharing works of excellence through an ongoing series of Film Music Suites that I stream on the site. In all, my appreciation for movies and their scores keeps me driving onward.

**QUESTION:** Which movie soundtracks are your favorites and why?

**HOOVER:** I would have to start with the work of Miklos Rozsa in "El Cid." As epic as it gets, Rozsa's work remains as bold and ambitious today as it was back in 1961 when this score was first heard. From its moving love theme to the rousing fanfares, I can't think of a better score to list as one of my top selections. Going back even further, Sergei Prokofiev's masterful "Alexander Nevsky" is also a favorite of mine. Listening to the music, it's easy to hear how Prokofiev inspired a generation of composers with his writing for "Nevsky," with echoes that can be heard all the way over to a score

like "Conan the Barbarian" some 40+ years later. Basil Poledouris' "Conan the Barbarian" is a mighty and creative effort that is on par with anything I deem great when it comes to film music. Poledouris' knack for melody and innovation is on full display with this score and makes for a listening experience that stands the test of time.

**QUESTION:** Who are your favorite film composers?

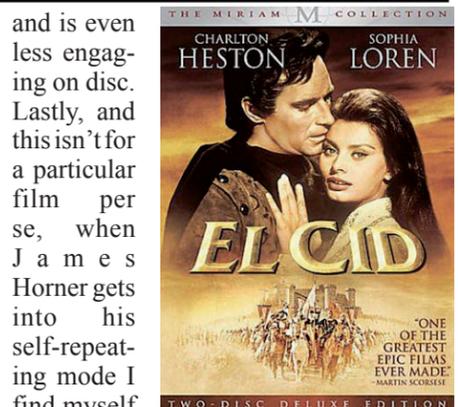
**HOOVER:** Without a doubt, John Williams and Miklos Rozsa are tied for the top slot on this list. Words can't really do their work justice. Following these two legends, I would say Jerry Goldsmith, Michael Giacchino, and Joe Hisaishi are also near the top ranking. I'm also keeping a watchful eye on Murray Gold these days as his music for Dr. Who is absolutely groundbreaking.

**QUESTION:** Why is background music so important to feature films?

**HOOVER:** Simply put, without music, a film can't function. Not in an enjoyable sense, at least. A proper score establishes the tone of a film, links the emotions to the performances, and heightens the impact of a scene (or story, in a grander sense). Without the score, there can be no goosebumps in the audience.

**QUESTION:** What are some examples of films in which background music has been misused?

**HOOVER:** The first example that comes to mind is Ennio Morricone's score for "Mission to Mars." Not that it was the worst score ever, rather, the dated material simply sounded like it belonged in some sort of a low budget 1970s sci-fi movie. Suffice it to say, the music was a couple decades too late and it made a bad movie even worse! Another example, and this one is more recent, is David Julyan's "The Prestige." Flat, sparse, and without a note of style, this is a soundtrack that has no redeeming quality in the film



and is even less engaging on disc. Lastly, and this isn't for a particular film per se, when James Horner gets into his self-repeating mode I find myself completely

distracted with the movie I'm watching. To hear a theme from any number of movies he previously worked on appear in the movie I'm watching makes for sheer frustration. For a brilliant composer, his repetition is inexcusable.

**QUESTION:** What are your three all-time favorite movies and why?

**HOOVER:** First, "Spartacus" is a film that strikes every note perfectly for me. In fact, this is the one movie I'm sure to watch at least once a year. I really appreciate the scope and themes of this picture. Second, "The Empire Strikes Back" is one of the best sci-fi films of my generation. Plus, it debuted the "Imperial March." What's not to love? And third, I think "Goodfellas" should be considered an all-time great. I love the manner in which Scorsese's underworld opus crackles with energy, edge and humor. The performances are addicting to watch and the way the music was employed is tremendously effective. This one never grows old for me.

(Poster of El Cid DVD cover: © 2008. The Miriam Collection. All Rights Reserved.)

Read Betty Jo's movie reviews at [ReelTalkReviews.com](http://ReelTalkReviews.com). Autographed cop-

**BRADY'S & Spa Center**  
www.bradysgaraencenter.com

*Southern Colorado's Hidden Treasure,  
where service and selection are unsurpassed*

*Best selection for trees, shrubs, perennials, annuals, and  
xeriscape plants, all at low, small town prices*

1121 S. 9th St.  
Cañon City, CO  
719-275-1286

## Continuing to Exceed the Standard

Dian & Gerry J. Montgomery

Marvin F. Steward

In an effort to provide the finest service and resources, Montgomery & Steward Funeral Directors' top priority was to expand our facility to continue to meet the needs of the families we serve. We believe we have achieved that goal.

We now offer a larger chapel and reception area, additional visitation rooms, handicap accessible restrooms and elevator, Kids' Kove (our children's play area) and a grief resource center.

Since 1922, our pledge has always been to provide quality care and personalized service to families of all faiths and ethnic origins. We promise to continue that tradition as long as our funeral home bears the names Montgomery & Steward.

If you haven't visited us yet, stop by today and we will be glad to give you a tour.

SELECTED Independent FUNERAL HOMES Member by Invitation

Member of International Order of the GOLDEN RULE

- Funeral Services
- Pre-need Plans
- Cremations
- Burial Planning
- Granite Monuments
- Bronze Memorials

Since 1922

# MONTGOMERY & STEWARD

Funeral Directors, Inc.

14th and Main Streets, Pueblo, Colorado 81003, (719) 542-1552  
Visit our web site: [www.montgomerysteward.com](http://www.montgomerysteward.com)

## ALL ON ONE CAMPUS!

"QUALITY PEOPLE CARING FOR QUALITY PEOPLE"

[www.westwindcampus.com](http://www.westwindcampus.com)

### Westwind Village

Skilled Nursing Facility

### Horizon Heights

ALZHEIMER'S NURSING FACILITY

### The Living Center & Casa De Vida

ASSISTED LIVING

### SKILLED NURSING

- Short-Term Rehabilitation
- Long Term Care
- Respite Care
- Ventilator Care
- Sub-Acute Care

### ALZHEIMER'S CARE

- Skilled Nursing Care
- Secure Environment
- Small, Private Facility
- Individualized Activities

### ASSISTED LIVING

- Medicaid Certified
- All Inclusive Private Rates
- Central Location
- Daily Activities

We Welcome: Medicare, Medicaid, Most Insurance, VA Contract and Private Funds

# Westwind CAMPUS OF CARE

Stop in For a Tour Today!  
719-564-0550  
2515 Pitman Place  
Pueblo, Colorado 81004